

Compiled by Rose Valley Ladies Hospital Aid

COOK BOOK



TRIED AND TESTED RECEIPIES FROM THE LADIES
OF THE PONASS LAKE MUNICIPALITY.



PRICE 40 CENTS

MY CREED

You can't make a real success without making real enemies.

You can't hold a strong position without strong opposition.

You can't seem right to any if you don't seem wrong to many.

The useful life can't be entirely peaceful and carefree.

Every earnest man in every generation has paid the price of individuality. You cannot dodge it.

The greater you are, the greater the penalty of progress. The further you go the wider your range of contact with which you must reckon, and therefore you multiply your battles against misconception, slander, envy and malice.

You can't avoid or evade your allotted destiny—you can hold down your share of troubles by holding back.

So long as you aspire, others will conspire—so long as you try, others will vie.

You will have hostility to face in every place and at every pace. Go straight ahead to your goal.

So long as your conscience isn't ashamed to acknowledge you have a friend, don't give a rap for your enemy.

The above is a worthwhile Creed. Every paragraph is a statement of fact. Every thought worthwhile. It is a Creed that should be read and re-read. It is a Creed that is filled with common sense. It is a Creed which if followed, beckons one on to success.



Dr. McCallum

ROSE VALLEY,

SASK.

6.50

INDEX

HOW TO ROAST A HUSBAND
BREAD, BUNS, Etc
SOUPS
MEATS and SUPPER DISHES
PIES
SALADS
HINTS
APPETIZING DISHES
ENTREES
PUDDINGS
COOKIES and SMALL CAKES
CAKES
PICKLES



The Ladies of the Rose Valley Hospital Aid wish to thank the Business Men and Friends for making the printing of this Book possible. The proceeds will be used for the Safety and Comfort of Your Sick.

Hospital Aid Officers

MRS. NICK BERGE,	Honorary President
MRS. D. McCALLUM	President
MRS. N. BERGE,	Vice-President
MRS. E. PROSSER,	Secretary.



Hospital Board

MR. OLE HOLT, Nora, Chairman
 MR. MOE, Nora
 MR. ANDREW JOHNSON, Archerwill,



Hospital Staff

D. McCALLUM,	Physician and Surgeon
MISS E. GRANGER	Matron
MISS A. DUFFIN, R. N.	
MISS N. KLIEWER, R. N.	
MR. E. PROSSER,	Secretary



Council of R. M. Ponass Lake

REEVE MR. OLE BJERLAND, Nora.

COUNCILLORS:

C. O. CARLSON	Fosston
C. R. WELSH	Quill Lake
M. YAMNIUK,	Fosston
T. DEGERNESS,	Rose Valley
H. B. KULBERG,	Nora
P. KUC,	St. Front
J. A. WESTERBERG, Secy.-Treas.	Rose Valley

How to Roast a Husband



First; Get a husband. Be sure that you experiment with your own any other, of course, might result in disaster. In selecting a husband use good common sense, you want one tender and good, so be not guided by the silvery tint as in buying mackerel; nor by the golden sheen as in choosing a salmon. Great care must be taken and you must not be too anxious or you may get a lobster. Make your own selection; as tastes differ; but do not go in the market for him—the best is always brought to your door.

A great many husbands are spoiled in the handling. Some women treat their husbands as toy balloons and blow them up. Some keep them in hot water; while others freeze them by indifference. Some keep them constantly in a stew by irritating ways and words. Some Roast them while others keep them in a pickle all their lives. If you decide to roast yours do not baste him with too much tongue sauce, as he is liable to sputter and fume and might jump from the pan into the fire. A good husband is really better preserved than roasted, for if well preserved, he will always keep young and tender and never will grow old and tough

To best preserve him you should wrap him in linen nicely washed and carefully mended; with the proper number of buttons and strings well sewed on. If this is neglected; he is likely to look rusty and get crusty. Tie him in the kettle with the strong cord of comfort; make a steady fire of love cheerfulness and neatness; keep him as near the flame as it seems to agree with him, stuff him well with good things to eat; add a little sugar, in the shape of what confectioners call "kisses", but no pepper or vinegar on any account, a little spice now and then, if used with judgment will improve him. Stir gently lest he lie too closely to the bottom of the kettle and becomes useless..

Do not prod him with anything sharp to see if properly done; your own common sense must guide you in this. You must not get careless and keep him in too cool a place, for he will certainly grow stale and sour if you do.

If managed with judgment you will find a husband really delightful and he will agree with you nicely. M. M. M.

This Book, for guidance in matters epicurean and gastronomic, is done into enduring print for the Ladies Hospital Aid, of Rose Valley, by the Radio Printers, at their shop at Kelvington, Saskatchewan
1938

EASY METHOD OF BREAD BAKING

Save 2 quarts potato water, after dinner when right temperature add $\frac{1}{2}$ cup sugar and $1\frac{1}{2}$ Yeast Cakes. Leave standing over night, in moderate heat. In the morning melt 2 tablespoons Lard and 1 tablespoon Salt; 2 cups Boiling Water, add Potato Yeast; knead hard as for ordinary bread —Mrs. C. A. Westby

CREAM SPICE BUNS

3 cups Bread Sponge; 1 tsp. Flavoring; $1\frac{1}{2}$ tsp. Cinnamon; 4 table spoons melted Shortening; 2 Eggs; $\frac{1}{2}$ cup Sugar. Mix into soft dough knead lightly, shape into buns, let rise to double in size; then bake 25 minutes in moderate oven; when cool, split and fill with sweetened whipped cream and ice top or dust with Icing Sugar. —M. Marshall

BUN RECIPE

Soak one cake Fleischmanns Yeast in $\frac{1}{2}$ cup lukewarm water. Bring to boil 1 quart Milk, then add $1\frac{1}{2}$ cups of White Sugar; $\frac{1}{2}$ lb. Butter; If skim milk is used, ($\frac{1}{4}$ lb. if whole Milk is used.) Set out to cool till lukewarm. Then add 6 beaten Eggs and some Salt. Add enough Flour and knead, not too stiff. Let rise, knead down and let rise again, then make into buns, let rise again in pan, brush top of buns with beaten egg; Bake 15 to 20 minutes in moderate oven. This is sufficient to make 75 to 80 buns. Mrs. Ben Sundell.

NUT AND RAISIN ROLLS

$2\frac{1}{2}$ cups Flour; 4 teaspoons Baking Powder; $\frac{1}{2}$ teaspoon Salt; 3 tablespoons Sugar; 5 tablespoons Shortening (melted); 1 Egg; $\frac{2}{3}$ cup Milk. Sift dry ingredients together, add Shortening and beaten egg to milk, add to dry ingredients mixing well. Turn out on floured board knead lightly. Roll out very thin, spread with softened Butter and sprinkle with Raisins and chopped Nuts. A small amount of Sugar Cut in about 4 places pressing the edges down firmly. Roll as for Jelly Roll. Brush over with yolk of egg mixed with cold water, sprinkle with Nuts and Sugar. Put in greased pan to raise for 15 minutes. Bake in moderate oven about 15 minutes. —Mrs Frank Provo.

WIENERBREAD (WIENERBROD)

1 cake compressed Yeast; 2 cups Milk; $\frac{1}{2}$ cup Sugar; 5 cups Flour; $\frac{1}{2}$ cup Butter; $\frac{1}{2}$ teaspoon ground Cardemon. Method—Scald the Milk; add Sugar and Cardemon. When this has cooled to lukewarm, add Yeast and stir until Yeast is dissolved. Then add sifted Flour or enough Flour to make a soft dough. Turn onto a floured board. Roll out thin, spread with Butter, fold over, roll out again and spread with Butter, fold over, roll out and spread with Butter. Repeat this until all the Butter is used. Divide dough into 6 portions, roll out one portion the length of a cookie sheet, and 4-in. wide, brush with beaten egg yolk, sprinkle with Sugar and finely chopped Almonds. Let rise till very light and bake in a hot oven. —Mrs. Chris Petersen.

Bread, Buns Etc.

"BREAD IS THE STAFF OF LIFE"



RAISIN NUT BREAD

1 cup Seedless Raisins; 1 egg; 1 cup Milk; -1 cup Sugar; 3 cups of Flour; 4 teaspoons Baking Powder; 1 teaspoon Salt; $\frac{1}{2}$ cup chopped nut meats.—Beat egg; add milk and sugar; add flour; baking powder and salt; add nuts and raisins; Pour into greased paper lined pan; let stand 20 to 30 minutes. Bake 1 hour in very moderate oven.

Mrs. O. J. Haukeness

OATMEAL BREAD

4 cups rolled Oats or Bran; 2 tablespoons Lard or Butter; 2 tablespoons Salt; $\frac{1}{2}$ cup Molasses; $\frac{1}{2}$ cup Brown Sugar; 2 quarts of boiling Water.—Soak a Yeast Cake and add to mixture, when it has cooled. Prepare this in the morning and knead stiff at night. Bake the next morning.

—Mrs. Westerberg

"STAVANGER" LEFSA

1 quart white Flour; 1 cup Lard; a little Salt.— Mix these; Boil one quart of sweet milk and pour over flour mixture to make a stiff dough. Let cool. Then roll out as for cookies, only much thinner, and bake either on top of the stove or on the bottom of the oven. When started to bake on one side brush with a mixture of one cup of milk and 2 eggs.

—Mrs. Edwin Evenson

BUTTER MILK LOAF

2 cups Buttermilk; $\frac{1}{2}$ teaspoon Soda; $\frac{1}{2}$ cup Sugar; $\frac{1}{2}$ teaspoon Salt; 1 cup Raisins; 2 teaspoons Baking Powder, and Flour to mix stiff Bake one hour as bread.

—Mrs. E. Prosser

HEALTH MUFFINS

2 tablespoons Shortning; $\frac{1}{4}$ cup Sugar; 1 Egg (well beaten) 1 cup Kellogg's All-Bran; 1 cup Flour; 1 teaspoon Baking Powder; $\frac{1}{2}$ teaspoon Soda; $\frac{1}{2}$ tsp salt. Cream the shortening and Sugar, add egg and Sour Milk, All-Bran and let soak until most of the moisture is taken up. Sift Flour with baking Powder, Soda and Salt and add first mixture, stirring only until Flour disappears. Fill greased Muffin tins two-thirds full and bake in a moderate oven for 20 to 25 minutes. This will be sufficient for 8 large or 12 small muffins.

—Miss Elsie Larson

THREE DAY BUNS

At noon soak 1 Yeast Cake; Save $2\frac{1}{2}$ cups of Potato Water from either dinner or supper, and set your Sponge at night, adding 1 cup of Sugar, making a light bread sponge i. the morning add 1 cup of Sugar; 1 cup Lard; $1\frac{1}{2}$ cups Cold Water; 1 tablespoon Salt. Mix stiff and set in a cool place to rise all day; knead occasionally and at night make into small buns and bake first thing in the morning.

—Mrs. Jessie C. Helte ..

BUTTERHORNS (SMORHORN)

1 cake compressed Yeast; 1 tablespoon Sugar; 1 cup Milk; 4 tablespoons Butter; $\frac{1}{2}$ cup Sugar; 2 Eggs; $4\frac{1}{2}$ cups Flour; $\frac{1}{2}$ teaspoon Salt. Method—Crumble the Yeast into a bowl and add one tablespoon Sugar. Scald the Milk, then add the Butter and Shortening. When this has cooled to lukewarm; add $\frac{1}{4}$ cup to the Yeast and stir until Yeast is dissolved. Then add the remaining Milk, the $\frac{1}{2}$ cup Sugar, Eggs well beaten, 2 cups of the Flour, sifted, and the Salt. Beat thoroughly. Add the remaining Flour and mix or knead well. Place in a greased bowl, cover and allow to rise until double in bulk. It takes about three to four hours. Turn onto a floured board and divide dough. Roll each half to the size of a large dinner plate and cut into 16 pie-shaped wedges. Roll these pieces very thin and spread with melted Butter. Then starting with the wide edge, roll up and shape into crescent form. Place on a greased cookie sheet and again let rise double in bulk—about 30 minutes. Bake in a moderate 375 deg. F. oven for about 20 minutes, until a delicate brown. As these are very rich, they burn easily, so do not bake them too fast.

—Mrs. Chris Petersen.

DELICIOUS DOUGHNUTS

3 tablespoons Shortening; $\frac{3}{4}$ cup Sugar; 4 Egg Yolks; 1 cup Sour Milk; 4 cups Flour (about); $\frac{1}{2}$ teaspoon Soda; $\frac{1}{2}$ teaspoon Cream of Tartar; $\frac{1}{2}$ teaspoon Salt; $\frac{1}{2}$ teaspoon Nutmeg; $\frac{1}{2}$ teaspoon Cinnamon. Cream the Sugar and the Shortening thoroughly, then add the well beaten Egg Yolks; sift the Flour, Salt, Soda, Cream of Tartar and the Spices and add alternately with the Sour Milk, kneading in the last of the Flour as the dough becomes too thick to beat.

—Luella Larson.

OVERNIGHT BUNS

2 cups Lukewarm Water; 1 teaspoon Salt; 1 Yeast Cake; $\frac{1}{4}$ cup Butter; 3 Eggs. Soak Yeast in a little warm water and add to the 2 cups of Warm Water. Make a Sponge and let rise till evening, then mix in the rest and let rise till morning.

—Mrs. Gust Gustavson



Soups

+++++

CREAM OF PEA SOUP

2 Cans peas; Pepper and Salt. Let simmer $\frac{1}{2}$ hour; Mash the peas and add 2 Cups Chicken Stock or Cream or Rich Milk. Let come to a boil; add 1 tbs Butter mixed with 3 tbs. flour; Cook 10 minutes. Strain through a sieve. Return to stove and add 2 cups hot milk; 1 cup cream and serve. at once
— A Friend

FISH SOUP

Boil fish enough to get four cups or more of soup stock..
1 medium carrot; 1 medium onion cut fine; boil until tender in water with a little salt. When done add to soup stock, 1 cup rich sour or sweet cream and carrot and onion which are already cooked and thicken with 1 tablespoon flour which has been moistened in a little water or milk, salt and pepper to taste, if too thick a little more milk can be added.
—Mrs. R. Hanson





CHOICE MEATS

You can supply your table with the very
Choicest of Fresh and Cured Meats from
our High Class Stock. We handle only the
Best.

Robert's Meat Market

ROSE VALLEY.

SASK.



Congratulations

The Printers of the Rose Valley Broadcast
wish to Congratulate The Ladies of the Rose
Valley Hospital on their activities in Caring
for and Supplying the Needs and Comforts
for the sick

The Rose Valley Broadcast

and Kelvington Radio

Meats and Supper Dishes



"The Way to a Man's Heart is Through His Stomach"

CABBAGE ROLETTE

1½ lbs. lean Meat; ½ lb. Pork Fat; ½ cup Flour; 1 Onion, large; 1 or 2 Eggs; about 1 cup Milk; ¼ teaspoon Allspices; pinch Salt; dash Paprika. Method—Let Meat and Onions go through food chopper several times. Add all the ingredients in, then add Milk in gradually. Put 1 tablespoon of Meat in Cabbage leaves, then boil in salt water until they are cooked.

VEAL LIVER LOAF

1 lb. Veal Liver; ½ lb. Pork Fat; 1 Onion; 1 or 2 Eggs; ¾ cup of Flour; 4 cleaned Anchovies; ½ teaspoon White Pepper; 2 teaspoons Salt; ¼ teaspoon Ginger; 1 cup Milk or Cream. Method—Clean Liver, grind Liver, Pork Fat, Anchovies through food chopper 2 or 3 times. Mix dry ingredients stir in Milk or Cream gradually; bake in well greased pan with a thin slice of Pork Fat on top, bake for 1 hour in slow oven.

DUMPLINGS IN CRANBERRY SAUCE—DUMPLINGS

2 cups sifted Flour; 2 teaspoons Sugar; pinch of Salt; 1 Egg; 2 level teaspoons Baking Powder; enough Milk to make a batter, then boil in Cranberry Sauce for 20 minutes.

CRANBERRY SAUCE

1 cup Cranberries; Sugar to taste; 1 quart Water. Can be served with Cream.

SUPPER DISH

5 hard boiled Eggs; 1½ doz. Asparagus Tips; 1½ cups of White Sauce; 1 tablespoon of Butter (melted); Salt and Pepper to taste; 1 cup of Bread Crumbs. Sprinkle ½ of the Butter, Bread Crumbs in the bottom of the buttered casserole, then add ½ of the Asparagus Tips, then add the hard boiled Eggs, sliced, season with Salt and Pepper, and White Sauce and cover with balance of Bread Crumbs. —Mrs. J. H. McDonald.

OYSTERS AND BACON

Wash and dry Oysters. Have as many Oysters as strips of Bacon. Place a strip of Bacon on your left hand. Lay an Oyster on and roll until Oyster is enclosed in the strip of Bacon. Fasten with a toothpick, sprinkle with Pepper. Dip in melted Butter and fry. Serve on hot toast with Celery garnish platter with slices of Lemon and white leaves of Celery.

—Mrs. J. H. McDonald.

AMERICAN CHOP SUEY

1 pkg. Macaroni cooked till tender; 1 lb. raw Beef and a little Pork put through grinder; a lump of Butter, a small Onion, a little Sage and a tin of Tomatoes. Pepper and Salt. Mix all together and bake in oven about 1 hour or until done.

—Mrs. M. Holo.

BIRDS' NESTS

Peel Potatoes and shred as for shoe-string Potatoes. To shape nests use two small strainers, one a little smaller than the other. Line larger strainer with raw Potatoes, press down with smaller strainer and fry in deep fat about three minutes. Remove on to brown paper to drain. Can be made early and warmed in oven just before serving filled with any good creamed filling such as chicken, fish, peas, etc. Decorate with three jelly beans for eggs or remove pimento from olives, partly insert shrimps giving the effect of birds just emerging from eggs. Serve on lettuce or cold slaw. Decorate according to your fancy.

—Mrs. McAllister.

POTATO BALLS

6 large Potatoes; cook and strain, keep water, when cool mash Potatoes, add Salt and Pepper to taste, add 2 Eggs and a little of Potato water and enough Flour to thicken; add fried Onions; shape into a cake and fry in hot fat.

—Mrs. Laskin.

STEAMED BACON ROLL

2 cups Flour; $\frac{1}{2}$ cup Lard; 1 teaspoon Baking Powder; pinch of Salt; mix as pastry; Bacon; Onions. Roll out dough $\frac{1}{4}$ inch thick, cut Bacon in small pieces; cover the dough with Bacon, then a layer of chopped Onions, Pepper, Salt. Roll up and tie in cloth. Steam for $1\frac{1}{2}$ hours; serve with White Sauce.

—Mrs. E. Prosser.

SPANISH MEAT BALLS

$1\frac{1}{2}$ lb. Beef; $\frac{1}{2}$ lb. Pork; 2 Eggs; 1 Onion cut fine; 1 teaspoon Chili Powder; Salt and Pepper to taste; $\frac{1}{2}$ cup Rice, boil and drain; 1 tablespoon Flour; 1 tablespoon Cornstarch. Cool by pouring over cold water and drain. Add to Meat. Then add 6 Soda Crackers, rolled finely. Form into small balls about size of a walnut and drop into 1 quart boiling water to which has been added 1 large can of strained Tomatoes. Add 1 teaspoon Salt. Keep water at a boil while dropping in meat balls as they boil up the nicest. Keep cover on kettle all of the time and make a few balls on small plate and then drop in so as not to have to remove lid so often. Stir mixture well and form balls by rolling between your hands and pack them well or they may fall apart. Note.—Do not let the kettle boil too briskly or meat will stick to bottom. Requires about $\frac{3}{4}$ hour to boil.

—Mrs. T. Hage.

SPANISH MEAT BALLS

1 lb. Beef and 1 lb. Pork ground or (all Beef if you like); 2 Eggs; 1 Onion cut fine; 1 teaspoon Chili Powder; Salt and Pepper to taste; $\frac{1}{2}$ cup Rice (boil and drain). Cool by pouring over cold water and drain. Add to meat; then add six Soda Crackers, rolled fine. Form into balls and drop into 1 quart boiling water to which has been added $\frac{1}{2}$ large or 1 small can of Tomatoes (strained). Keep water at a boil while dropping in meat balls as they boil up nicest. Keep cover on all of the time and make a few balls on a plate and drop in, so as not to have to remove the lid so often, cooling off the stuff. Roll meat into tiny round balls about the size of a big walnut or plum. Use a little flour, maybe a tablespoon, as it holds them together better. Half and half of Cornstarch and Flour, too, is O.K.

—Mrs. O. Holt.

Pies

MOCK CHERRY PIE

1 cup Cranberries; $\frac{1}{2}$ cup Raisins; 1 cup Sugar; $\frac{1}{2}$ cup Boiling Water; 1 tablespoon Flour; 1 teaspoon Vanilla; pinch of Salt. Cut Cranberries in half and add to Raisins. Mix Sugar and Flour together and add to fruit. Pour on boiling water and add flavoring. Bake in 2 crusts.

—Mrs. A. Gall.

CARROT PIE

1 cup Sugar; 2 Eggs; 1 teaspoon Cinnamon; $\frac{1}{2}$ teaspoon Cloves; $\frac{1}{2}$ teaspoon Ginger; $1\frac{1}{2}$ cups Sweet Cream; $1\frac{1}{2}$ cups Sweet Milk; 2 cups cooked Carrots, mashed; leave Egg Whites out. Mix the rest thoroughly and fill an unbaked pie crust. Bake about 20 minutes. Make meringue of Egg Whites and spread on top of pie and brown in oven.

—Paulin Kuc.

LEMON PIE FILLING

1 cup White Sugar; 1 heaping tablespoon Cornstarch; $1\frac{1}{2}$ cups Boiling Water; 1 tablespoon Butter; Juice of 1 Lemon; Yolks of 2 Eggs. Mix Sugar and Cornstarch dry. Stir in boiling water until smooth; add Butter and Lemon Juice. Beat in Egg Yolks; add this to baked crust. Top with White of Egg flavored with a few drops of Lemon and teaspoon of Sugar. Brown in oven.

—Mrs. D. McCallum.

ANGEL PIE

$1\frac{1}{2}$ cups Water; 1 cup Sugar; 2 tablespoons Cornstarch. Mix and put in double boiler; cook until thick. Then pour into 2 beaten Egg Whites; add 1 teaspoon Vanilla. Put in baked crust. Top with Whipped Cream and Walnuts.

—Mrs. A. Minge.

BUTTER SCOTCH PIE

1 tablespoon Butter; 1 cup Brown Sugar; 2 cups Milk; 2 Eggs; 2 tablespoons Flour; 1 teaspoon Vanilla; pinch of Salt. Put Butter in skillet and brown; pour in Milk, mix Flour with Sugar and Eggs and stir in. Use 1 Egg White for meringue. Pour into baked crust.

—Mrs. Thomas Young.

PUMPKIN PIE

1 cup Pumpkin; $\frac{3}{4}$ cup Brown Sugar; 1 teaspoon Cinnamon; $\frac{1}{2}$ teaspoon Nutmeg; $\frac{1}{2}$ teaspoon Ginger; $\frac{1}{2}$ teaspoon Salt; 1 cup Milk; 2 Eggs (beaten); 1 tablespoon Butter (melted). Mix Pumpkin, Sugar and Spices; add rest of ingredients and pour into deep unbaked pie shell. Bake 15 minutes in a moderate oven. Reduce heat and bake 25 minutes in slow oven. Cool and serve.

—Mrs. James Shaver.

DROP CAKES

1 cup Sugar; 1 cup Butter; 2 Eggs; 1 cup Boiled Raisins; 2 cups Oatmeal; 2 cups Flour; $1\frac{1}{2}$ teaspoons Soda, dissolved in 5 tablespoons Raisin water; 1 teaspoon each of Cinnamon, Nutmeg and Cloves; $\frac{1}{2}$ teaspoon Salt.

—Mrs. James Shaver.

CHOCOLATE PIE

1 cup Sugar; 4 tablespoons Chocolate or Cocoa; 4 tablespoons Flour; 1 tablespoon Butter. Mix above ingredients with a little cold water, then add 1 cup boiling water and boil a while. Use whipped cream or whites of eggs for frosting (for one pie). Have baked pie shell ready and let rest cool before pouring into it.

—Mrs. O. Hillestad.

CHOCOLATE ICE BOX PIE

1 cup Butter; 2 cups Icing Sugar; 3 squares Chocolate; 3 eggs Separated. Cream Butter, add Sugar. Cream until light and fluffy. Add well beaten Egg Yolks and melted Chocolate. Fold in beaten Egg Whites. Line pan with Graham Cracker Crumbs. Put in mixture and sprinkle Graham Cracker Crumbs on top. Chill several hours. Serve with whipped cream.

—Mrs. Westerberg.

K. C. WESTBY

POST MASTER SINCE 1919

JUSTICE OF THE PEACE SINCE 1920



ROSE VALLEY.

SASK.

Salads



CREAM SALAD DRESSING

3 Eggs boiled hard; $\frac{1}{2}$ cup Thick Cream; 1 teaspoon Sugar; 1 teaspoon Mustard; 3 tablespoons Malt Vinegar; $\frac{1}{2}$ teaspoon Pepper; 1 teaspoon Salt. Place hard boiled yolks in a basin and beat with a spoon until quite smooth; add rest by degrees, Vinegar last. —Mrs. Ben Freeman.

SALAD DRESSING

$\frac{1}{2}$ cup Vinegar; 3 tablespoons Brown Sugar; 1 teaspoon Salt; pinch of Cayenne; 2 Eggs; 1 tablespoon Mustard; 1 cup Sour Cream. Let Vinegar, Sugar and Salt come to a boil. Then set off stove to cool; then stir in well beaten Eggs to which have been added Mustard and Cream. Stir all together and set on the stove. Cook till thick. —Mrs. J. A. Beck.

RHUBARB CONSERVE

3 lbs. Rhubarb; $1\frac{1}{2}$ cups Nuts; 1 Lemon; 1 cup Raisins; 1 Orange; $2\frac{1}{2}$ lbs. Sugar. Cut the Rhubarb, Orange and Lemon up fine. Mix all the ingredients and boil until thick, stirring frequently.

—Mrs. Edgar Hewitt.

PINEAPPLE WHIP

1 pt. Cream; 1 cup White Sugar; 1 can Pineapple; 1 tablespoon Gelatine. Method—Bring Pineapple and Sugar to a boil. Soak Gelatine in cold water; add to boiling mixture. Take off stove at once and let almost set. Then fold in pint of whipped cream. —Mrs. A. Swanson.

CRANBERRY ORANGE SALAD

1 pkg. Raspberry Jello; 2 cups Gr. Cranberries (ground); $\frac{1}{2}$ Orange ground (rind and all); $\frac{1}{2}$ cup Sugar; 1 pint Hot Water. Pour hot water over Jello and Sugar. Cool until it starts to set. Then fold in ground raw Cranberries and Orange. —Mrs. T. Hoge.

SALAD

1 pkg. Lemon Jello. $\frac{1}{2}$ cup Hot Water; $\frac{1}{2}$ cup Pineapple Juice; 1 cup Tomato Juice. Add Crushed Pineapple and chill. Serve with mayonnaise on lettuce leaf or otherwise. —Mrs. T. Hoge.

GOLDEN SALAD

1 pk. Lemon Jelly; 1 cup Boiling Water; 1 cup Grated Carrots; 1 cup Shredded Pineapple; 1 cup Pineapple Juice. Method—Dissolve the Jelly in the boiling water. Then add the Pineapple Juice; add Grated Carrot and Pineapple and pour into shallow pan to set. When well set unmould on lettuce leaves and serve with mayonnaise or boiled cream dressing.

—Mrs. R. Hanson.

CREAM SALAD DRESSING

3 Eggs; 1 cup Cream; 1 teaspoon Mustard; 2 tablespoons Sugar; pinch of Salt; $\frac{1}{2}$ cup Vinegar. Beat Eggs; add Cream, Mustard, Sugar, Salt and Vinegar. Put in double boiler. Cook and stir until thick.

—Mrs. R. Hanson.

TOMATO SALAD

6 sliced Tomatoes alternated with 2 hard boiled Eggs; 2 sliced Oranges; 1 sliced Cucumber (not pared). Serve with salad dressing.

—Mrs. G. W. Lawrence.

C. J. Rustad

**GENERAL HARDWARE
BATTERY SERVICE
GAS AND OILS**



ROSE VALLEY.

SASK.

CARROT SALAD

5 cups Grated Carrots, or put the Carrots through the vegetable chopper; 2 cups Diced Apples, mix, moisten with salad dressing; 4 tablespoons Butter; 1 tablespoon Flour; 1 cup Milk; $\frac{1}{2}$ cup Brown Sugar. Cook. 1 teaspoon Mustard; 1 teaspoon Pepper; 1 teaspoon Salt; 2 Eggs and $\frac{1}{2}$ cup Vinegar. Beat well; pour into the hot milk sauce, stir all the time and let come to boiling point. —Mrs. G. Haugrud.

WHIPPED CREAM DRESSING

Beat 3 Eggs to a light foam, add 4 tablespoons Sugar; 4 tablespoons Vinegar; 1 teaspoon Dry Mustard; 1 scant teaspoon Salt; $\frac{1}{2}$ teaspoon Paprika and 1 tablespoon Lemon Juice. Cook over hot water till thickened. Set aside to cool. When quite cold fold into a pint of whipped cream. —Mrs. O. T. Bjerland.

WINTER SALADS

7 large Cucumbers; 5 large Onions. Put through coarse food chopper. Sprinkle with Salt and let stand over night; drain and make this dressing—3 cups White Sugar; 3 cups Vinegar; 1 cup Water; $\frac{1}{2}$ cup Flour; $\frac{1}{2}$ teaspoon Tumeric; 1 teaspoon Ginger. Pinch of Red Pepper, little Celery and Mustard Seed. Boil until thick; add Cucumbers and Onions and cook 10 minutes. —Mrs. M. Holo.

FISHING BOAT SALAD

Use whole boiled Carrots of uniform size; split in half lengthwise. Hollow out centres, fill with vegetable salad. Decorate with sail made with toothpick and lettuce leaf cut in triangle shapes. Place a sardine or two alongside of boats on lettuce leaves. —Mrs. T. McAllister.

APRICOT CONSERVE

1 lb. dried Apricots; 2 cups canned Pineapple with juice; 4 cups Water; $\frac{1}{2}$ cup blanched Almonds; 8 cups Sugar. Wash the Apricots. Soak them over night in the 4 cups of water. Cook slowly for 1 hour, then add Pineapple, Sugar and Nuts and cook until thick, stirring often to prevent sticking. Pour into sterilized glasses and seal. —Mrs. Peter Nordin.

APRICOT AND PINEAPPLE JAM

2 lbs. diced Apricots; 5 lbs. Sugar; 9 cups Water (soft); 1 can crushed Pineapple. Soak Apricots over night in 9 cups water. Cook for 20 minutes. (I put pulp through medium mincer.) Then add 5 lbs. Sugar and 1 can Pineapple. Cook for 15 minutes and seal. (Be careful, it burns easily.) —Mrs. H. G. Palmer.

"PINEAPPLE SNOW"

1 can Pineapple; 1 can Cherries; 1 pkg. Jelly Powder, Pineapple flavor; $\frac{1}{2}$ cup Sugar; 3 Egg Whites; 3 Oranges; Walnuts; juice of 2 Lemons. Take juice of Pineapple and Cherries; boil, and stir in Jelly Powder, then add the juice of 2 Lemons and Sugar, when it begins to harden, add beaten Egg Whites (sliced) Pineapple cut in small pieces, the Cherries and Oranges. Turn into mould and decorate with shelled Walnuts. Serve with Whipped Cream. —Mrs. T. Bjerland.

SALAD DRESSING

1 large teaspoon Butter; $\frac{1}{2}$ cup Sugar. Cream Butter and Sugar; add 1 teaspoon Salt; 1 teaspoon Mustard; 1 tablespoon Flour; 1 Egg; $\frac{1}{2}$ cup Vinegar; $\frac{1}{2}$ cup Water. Boil until thick. —Mrs. John Angell.

THIS SPACE DONATED BY

H. S. Grant AND W. A. Honko

OF THE

ROSE VALLEY BRANCH OF THE

Bank of Montreal

IN SUPPORT OF

ROSE VALLEY SPORTS DAY

Watch for Yearly Dates

PINEAPPLE SALAD

1 pkg. Lemon Jello; 1 cup Hot Water; 1 jar Cream; 1 pkg. Cream Cheese; $\frac{1}{2}$ can Crushed Pineapple; 1 Pimento cut in pieces. Stir Jello and let it cool. Mash the Cheese and put into the Cream and whip the mixture until it gets thick, put this mixture into the Jello and put in the Pineapple and stir good with a fork. Put into the refrigerator until it gets stiff; serve on lettuce leaves with mayonnaise. —Mrs. F. Adelman.

ANGELS FOOD (SALAD)

10 sweet Oranges; 1 cup Cocoanut; 1 cup Powdered Sugar; 6 Bananas. Peel and slice the Oranges; put a layer in a glass bowl, then strew with Sugar. Next put a layer of grated Cocoanut, slice the Bananas thin and cover the Cocoanut with them. Fill the dish in this order. Heap with Cocoanut and cover with Whipped Cream flavored with fruit salad dressing. Serve at once or Oranges will toughen. —Mrs. Edwin Evenson.



Hints



SOAP

Dissolve 1 lb. can of Lye in one and one-half quarts of cold water. Stir to dissolve lumps and let stand until cool. Then prepare one cup Borax, one-half cup Ammonia, one-half cup Kerosine, five lbs. melted but not over-heated Fat. Strain the melted Fat when cooled and about the consistency of thick honey. Add the dissolved and cooled Lye, then add the Borax, Ammonia and Kerosine. If a clearer soap is desired, add one-half cupful of Sugar, stirring continuously until the whole mixture becomes the consistency of porridge. Pour quickly into shallow boxes or pans. Crease into cakes. When nearly cold cut and store. —Mrs. Edwin Evenson.

SUMMER DRINK

Six Lemons (juice and grated rind); 18 Oranges (juice, grated rind of only 12 Oranges); 6 ozs. Tartaric Acid; 10 lbs. Sugar; 1 quart boiling water poured over all. Let stand overnight, strain and bottle. (Stir occasionally while standing to dissolve Sugar.) Make about five quarts.

—Mrs. D. McCallum.

HAND LOTION

Three tablespoons Flaxseed; sufficient cold Water to produce one quart when boiled until thick; strain and add 1 oz. Glycerine, 1 oz. Rosewater, 1 dram Carbolic Acid.

—Mrs. D. McCallum.

SILVER OR NICKEL PASTE

One cup boiling Water; $\frac{1}{4}$ cup mild Soap Flakes or homemade Soap cut in small pieces; $1\frac{1}{2}$ cups Whiting. Heat the Soap Flakes in boiling water until dissolved. Remove from the heat and add Whiting, stirring into the Soap solution until smooth and free from lumps. Store in a glass jar with cover and label for use.

—Mrs. D. McCallum.

THIS SPACE IS DEDICATED TO

THE MEMORY OF

Eivind Fjellgaard



ROSE VALLEY

POWER PLANT

DEALER IN

SPARTAN RADIOS and MONARCH BATTERIES

Appetizing Dishes



HOME MADE CHEESE

3 gals skim Milk; $\frac{1}{2}$ cup Butter; 1 teaspoon Soda; 1 teaspoon Salt; 1 teaspoon Butter Color; 1 cup Sour Cream. Leave the skim milk stand until real sour, then heat it on the stove. Bring it nearly to the boiling point, but do not boil. When cooked like curds strain through a bag and let drip over night. In the morning empty into a mixing bowl and mix thoroughly with 1 teaspoon of Soda and $\frac{1}{2}$ cup Butter. Leave stand for 2 hours at least. Then put it on to cook in a double boiler. When it begins to cook add your Cream, Salt and Butter Color. Mix your Butter Coloring and Salt into the Cream before adding to curds. Cook until the lumps are out and it seems smooth. Stir often. This may be stringy at first but improves with cooking.

—Mrs. Charlie S. Sunderland.

CHEESE SPREAD

1 $\frac{1}{2}$ cups of Grated Cheese or one $\frac{1}{2}$ lb. pkge Cream Cheese; 1 tbsp. Butter; $\frac{1}{2}$ tbsp. Mustard; $\frac{1}{2}$ tsp. Salt. $\frac{1}{4}$ tsp. Paprika or Red Pepper; 2 yolks of Eggs; $\frac{1}{2}$ cup Milk. —Cook until thick *and* smooth in double boiler.

—E. M. Grigg.

CHEESE ROLLS

Make a batter of the following:—3 Eggs; 1 cup Cream; 1 cup Milk; 1 teaspoon Salt; Flour enough to make a thin batter. Cook as pan cakes. **Filling**—About 3 cups Cottage Cheese; 4 Eggs; 1 cup Sugar; 1 teaspoon Salt; 1 teaspoon Cinnamon. Mix well together and spread on pan cake. Roll and place in a deep pan. Pour about $\frac{1}{2}$ cup of sweet cream over the rolls and bake about 15 minutes in a moderate oven.

—Pauline Kuc.

SALMON LOAF

1 can Salmon; 1 Egg; 3 Soda Biscuits; 1 cup Sweet Milk; Salt and Pepper to taste. Add the Milk last and do not heat the Egg. Put in bake dish with bits of Butter on top and bake 1 hour.

—Mrs. W. A. Honko.

FISH BALLS

4 lbs. Fish (uncooked); 2 Eggs; 1 teaspoon Salt; 1 small Onion grated fine; Butter size of one egg; 4 tablespoons Flour or Cornstarch or half of each; 2 cups Fish Broth or good Milk. Skin the Fish and remove head and bones and put it in salted water to boil. Grind Fish very fine and mix into Salt, Onions, Butter, Flour (and mix well). Put Milk or Broth in a little at a time, beat vigorously each time Milk is added. Fry like small hamburger in hot butter or lard, or it can be made into small balls and boiled in salted water.

—Mrs. H. Lee.

MJOLK VALLING (Scandinavian Dish)

Put in quart of Milk in your double boiler and add to it $\frac{1}{2}$ cup of Oatmeal, stirring it slightly. Let this boil for about 1 $\frac{1}{2}$ hours or so and before serving add about 2 tablespoons Sugar and $\frac{1}{4}$ teaspoon Salt. A nice and different taste is a few Prunes steamed in the Milk and Oatmeal, or a few Raisins, and a substitute for Oatmeal is about $\frac{1}{2}$ cup of Tapioca. This is very nice for a supper dish and especially for a person who does not need a heavy meal.

—Mrs. Jesse C. Welte.

THIS SPACE DONATED BY

Mr. J. A. Westerberg
SECRETARY OF PONASS LAKE MUNICIPALITY



Office at Rose Valley, Saskatchewan

MARMALADE

2 Oranges; 2 Lemons; 2 Grapefruit. Remove pits, then put peel and pulp through the grinder, using the fine knife. Soak in 12 cups of cold water over night, then boil for 1½ hours. Let stand for 24 hours. Put in Sugar, cup for cup (of) measuring accurately and boil until it will jell.
—Hazel Ashdown.

GRAPE SUMMER DRINK

4 cups whole Grapes; 2 cups White Sugar. This makes 1 gallon of drink. Wash Grapes. Put Sugar and Grapes in gallon jug. Put jug in warm water. Have the kettle boiling and fill jug with boiling water and seal with wax. Let stand two weeks.
—Mrs. Olive Budd.

LEMON CURDS

Juice and rind of 3 Lemons, added to 1 cup Sugar; ¼ lb. Butter. Grate the rind of the Lemons before squeezing out the juice. Beat two Eggs well and add gradually to the Lemons, Sugar and Butter. Cook in a double boiler until it thickens. This makes a nice filling for a layer cake or jam drops.
—Hazel Ashdown.

PENOCHÉ

1 cup Brown Sugar; 1 cup Granulated Sugar; ½ cup Milk; 1 table-spoon Butter; 1 cup Nuts; 1 teaspoon Vanilla; speck Salt.
—Miss Elsie Larson.

MARMALADE

2 doz. Oranges; ½ doz. Lemons; slice thin and boil ½ hour in 5 quarts water, then allow to stand over night. Next day add 11½ lbs. Sugar and boil fast to required thickness.
—Mrs. J. Wardle.

OPERA CREAM CANDY

2 cups Brown Sugar; ¾ cup Sour Cream. Boil until it will form a soft ball in water. Remove from fire, add Vanilla and Chopped Nuts to suit taste. Beat until cold and drop in small bits on buttered pan.
—Mrs. J. Walker.



THIS SPACE IS DEDICATED TO

THE MEMORY OF

Melvin Westby



J. H. McDONALD

AGENT FOR

MASSEY HARRIS CO.

IMPERIAL OIL LTD.

Livestock Shipper

ROSE VALLEY.

SASK

Entrees



FIVE LAYER DINNER

Butter a baking dish and fill in the following—1 layer of raw sliced Potatoes; 1 layer of sliced Onions; 1 layer of boiled Rice; 1 layer of Hamburger; 1 large can Tomatoes; Salt and Pepper. Note.—The Potatoes will go in bottom of dish and so on in order given. After the can of Tomatoes have been poured over top put a knife through in several places to allow tomato juice to seep through.
—Mrs. T. Hage.

BAKED MARROW WITH TOMATOES

1 medium sized Marrow; 6 medium sized Tomatoes; 2 small Onions; 3 tablespoons Butter; 1 teaspoon Brown Sugar; Salt and Pepper. Method—Peel the Marrow and remove the seeds and cut in cubes. Peel Tomatoes and chop coarsely and peel and mince Onions. Mix these together and turn into a buttered baking dish. Season with Salt and Pepper, Sugar and Butter. Bake in moderate oven, 350 deg. F., until vegetables are tender and the most of the liquid is cooked off, about 1½ to 2 hours.

PIGS IN A PUDDLE

1 lb. lean Pork ground; 1 medium sized Onion; 1 cup cooked Rice; 1 head Cabbage; ½ teaspoon Sage; 2 Bay Leaves; 3 cups canned Tomatoes. Method—The meat may be fresh or left over from a roast. Put meat and onion through food chopper; add the Rice, Sage, Salt and Pepper; mix well. Remove outer leaves of Cabbage and discard. Pull the others apart and put them into a pan of boiling salted water for 5 minutes. Drain and cool. Place one tablespoon of the meat mixture on a leaf of Cabbage. Fold up like a little package and fasten with a wooden toothpick. Lay the pigs in a shallow greased pan, pour over them the Tomatoes. Season with Salt and Pepper, add Bay Leaves. Bake in moderate oven, 375 deg. F., about 40-50 minutes.
—Alice Hindle.

PORK CHOPS WITH DRESSING

Make a dressing of stale Bread Crumbs, chopped Onion, Salt, Pepper, Sage and Butter. Moisten with a little warm water. Put Pork Chops in the roaster or dripping pan and put dressing on each piece. Put a little water in the pan and bake about 1 hour or until meat is tender. Beefsteak prepared this way is delicious.
—Miss Elsie Larson.

BAKED SPAGHETTI

½ lb. Spaghetti (2 cups uncooked); ¾ cup diced Bacon (8 slices); ½ cup diced Onions (3 small ones); 2 cups Tomatoes (or large can); ½ teaspoon Salt; ½ teaspoon Pepper; ½ cup grated American Cheese; ½ cup dry Bread Crumbs. Method—Cook the Spaghetti until tender in 1 quart of boiling water to which a little Salt has been added. Drain and pour cold water over and drain again. Fry Bacon until crisp. Add Onion and fry until brown. Add Tomato and seasonings. After Tomato mixture has boiled a few minutes, add the grated Cheese. When Cheese is melted, add Spaghetti. Place in a buttered baking dish, cover with buttered Crumbs and bake. Time, bake 20 minutes; temp, 350 deg. F., moderate oven; amount, 8 servings.
—Mrs. T. Hage.

FISH DELIGHT

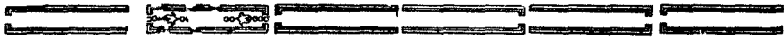
2 cups Salmon; 2 cups canned Tomatoes; 1½ cups canned Green Peas; 1 cup Spaghetti cut in pieces; ½ cup Bread Crumbs. Cook Spaghetti and drain; arrange above ingredients in baking dish in layers; spread Bread Crumbs on top, dot with Butter and bake in oven until nicely browned. This makes a very nice supper dish.
—Mrs. D. B. Harvey.

Golbin Erickson

AUCTIONEER

SCRIP, SASK.

Phone: Ponass Lake, 2 Ring 4



FOR ESTIMATES AND SERVICE

Ship Your Livestock Co-Op

Oliver Nelson, shipper

Scrip or Fosston

Phone: Ponass Lake 2, 1-4

NORSKE FISKE KAGER (Norwegian Fish Balls)

About 4 or 5 lbs. Fish, large jackfish makes the best fishballs. Remove the skin, fins and backbone from fish. All side bones can be left. Put Fish through meat chopper from 7 to 10 times depending on how fine a meat chopper you have. All the small bones must be broken up before the Fish is ground fine enough. Work with potato masher and add by spoonfuls and working good between each addition a rich cream, milk and egg mixture depending on how hard you work the Fish. The harder you work and the larger the Fish the more milk and cream you can put in.

—Mrs. Ole Bjerland.

BAKED BEAN LOAF (Very Good)

1½ cups Baked Beans; ¼ cup finely chopped Green Peppers; 1 cup soft Bread Crumbs; 1 Egg unbeaten; ¼ cup finely chopped Onion; ½ cup canned Tomatoes; 1 cup minced Ham; 1 teaspoon Salt; ¼ teaspoon Pepper. Mash Beans with fork, simmer Onion and Green Peppers in Tomatoes, add Beans, add remainder of ingredients, shape in loaf, sprinkle top with Flour. Bake in moderate oven, 350 deg. F., for 30 minutes. Miss F G. Cutler.

BAKED CABBAGE AND RICE

1 medium sized Cabbage; ½ can Tomatoes; 2 cups cooked Rice; Salt, Pepper and Onions. Chop the Cabbage fine and boil 5 minutes. Drain and put enough Salt and Pepper to taste. Mix well with cooked Rice and Tomatoes. Fry some Onions in lard and mix with the rest. Bake about 15 minutes in a moderate oven.

—Pauline Kuc.

ARABIAN STEW

Sear 6 lean Pork Chops; place in a casserole and put a tablespoon of washed, uncooked Rice on top of each Chop; on top of the Rice place a tablespoon of finely chopped Onion, two tablespoons of cooked Tomato, or 1 thick slice of Tomato, and a good sized piece of Green Pepper or canned Pimento. (The Pepper and Pimento may be left out.) Sprinkle with Salt, Pepper and a bit of Flour. Add 3 cupfuls of boiling water, cover the casserole closely and cook in a moderate oven for about 3 hours. There should be plenty of rich brown gravy on the stew when it is finished.

—Mrs. H. G. Palmer.

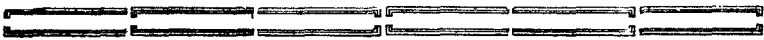


THIS SPACE DONATED BY THE

H. J. OSS WHOLESALE

ROSE VALLEY.

SASK



SHOP

AT

SCRIP STORE

BEST QUALITY GROCERIES

Our Stock is Always Fresh

Puddings

♦♦♦♦♦♦♦♦♦♦

HALF HOUR PUDDING

Batter— $\frac{1}{2}$ cup Brown Sugar; 1 cup Flour; 1 cup Raisins; $\frac{1}{2}$ cup Milk; 2 teaspoons Baking Powder. **Sauce**—2 cups Boiling Water; 1 cup Brown Sugar; 1 tablespoon Butter or Lard; Flavoring to taste. Mix batter, pour sauce over and bake for half an hour.

—Mrs. J. S. Forrester.

SHORT CAKE WITH FRESH FRUIT

Sift together 4 times 1 qt. Flour; 1 teaspoon Salt; 4 teaspoons Baking Powder; $\frac{1}{2}$ cup Butter; 1 tablespoon Shortening (not lard). Fold in with fork 2 cups Sweet Milk. Bake in sheets in quick oven. Place fresh fruit between and serve with sugar and cream or whipped cream.

—Aunt Jennie.

CARROT PUDDING

1 cup Sugar; 1 cup Raw Carrots, run through food chopper; 1 cup Raw Potatoes, run through food chopper; $\frac{3}{4}$ cup Sour Milk; 1 teaspoon Cinnamon; $\frac{1}{4}$ teaspoon Cloves; $\frac{1}{2}$ teaspoon Soda; 1 cup Raisins; 1 cup chopped Nut Meats; 2 tablespoons Fruit Juice or other liquid; $\frac{1}{4}$ cup Butter; 1 teaspoon Nutmeg; 2 teaspoons Baking Powder; $1\frac{1}{2}$ cups Cake or Pastry Flour; 1 cup Currants. Cream Sugar and Butter; add ground Carrots and Potatoes. Sift all dry ingredients with the Flour and add the fruit mixture alternately with the Milk and Fruit Juice. Add Raisins, Currants and Nut Meats last. Fill large size baking powder cans three-fourths full of batter. Put lids on and steam for two hours, then bake about 15 minutes in a slow oven (325 deg. F.). Serve hot with hard sauce.

—Mrs. Peter Nordin.

LEMON FOAM

Put into a saucepan 2 cups Hot Water; 1 cup Sugar. When it boils add 2 heaping tablespoons Cornstarch; juice of 1 Lemon and stir thoroughly. Boil 5 minutes. When cold add the well beaten whites of 2 Eggs. Beat briskly. **Sauce**— $1\frac{1}{2}$ cups Milk; 1 teaspoon Cornstarch; 2 Egg Yolks. Boil in double boiler.

—Mrs. H. J. Peterson.

ORANGE PUDDING

1 Egg; 1 tablespoon Flour; 1 cup Milk; 1 pinch Salt; $\frac{1}{2}$ cup Sugar. Cook in double boiler. Then pour over cut Orange. Stir all together. Beat white of Egg stiff, add few drops of Orange Extract, and Sugar. Pour over pudding. Brown in oven. Serve either cold or hot. This serves about three.

—Mrs. Margaret Welsh.

DATE PUDDING

$\frac{1}{2}$ cup Sugar; 2 cups Sweet Milk; 2 cups Bread Crumbs; 2 Eggs; 2 cups Suet; little Salt, Spices and Dates to Suet; Flour to a stiff dough. Steam 2 hours.

—Mrs. Colbin Erickson.

CHOCOLATE STEAM PUDDING

$\frac{1}{2}$ cup White Sugar; 2 tablespoons Melted Butter; 2 Eggs; $\frac{1}{2}$ teaspoon Salt; 1 teaspoon Vanilla; 1 cup Milk; $1\frac{1}{2}$ cups Flour; 4 level tablespoons Cocoa; 2 teaspoons Baking Powder. Steam 2 hours and serve with Vanilla sauce.

—Irene Martinson.

DATE PUDDING

2 cups rolled Graham Wafers; 4 tablespoons Shortening; $\frac{1}{2}$ cup White Sugar; 1 Egg; $1\frac{1}{2}$ teaspoons Baking Powder; $\frac{3}{4}$ cup Milk; $\frac{1}{2}$ teaspoon Salt; $\frac{1}{2}$ teaspoon Vanilla; 1 cup Dates (chopped fine). Cream Sugar and Shortening; add Egg Yolks and Vanilla; then add Graham Wafers, Fruit, Baking Powder and Salt. Stir Milk in last. Whip the whites of Eggs stiff and fold in. Then steam for 2 hours, then serve with Whipped Cream or Pudding Sauce.

—Mrs. Martin Benson.

ROBERT GALL

LUMBER A
N
D HARDWARE

Fosston, Sask.



J. F. Medin

HARDWARE

IMPLEMENTS

GAS AND OIL

NORA, SASK.

APPLE CUSTARD

Stew until tender, in a very little water, a dozen Apples; flavor with grated rind of 1 Lemon; rub them through a sieve and to 3 cups of strained Apples add nearly 2 cups of Sugar; leave it until cold; beat 5 Eggs very lightly and stir alternately into 1 quart of rich Milk with the Apples; pour into a pudding dish and bake. To be eaten cold. —Miss Flo. G. Cutler.

BATTER DUMPLINGS

1 Egg; 2 cups good Milk, part Cream; Salt and Onion to taste; Small teaspoon Baking Powder; Flour to stiffen and drop into Chicken broth. —Mrs. I. Walker

HALF HOUR PUDDING

$\frac{1}{2}$ cup Brown Sugar; 1 cup Flour; $\frac{1}{4}$ cup Milk; 1 cup Raisins; 2 teaspoons Baking Powder. Mix together. (Second Part)—2 cups Boiling Water; 1 cup Brown Sugar; 1 tablespoon Butter; $\frac{1}{4}$ teaspoon Nutmeg. Mix this together and pour the above mixture in well greased pan and then pour second part on top. Bake 25 minutes. —Mrs. Thos. Young.

CARROT PUDDING

1 cup Raw Grated Carrots; 1 cup Raw Grated Potatoes; 1 cup Brown Sugar; $1\frac{1}{2}$ cups Flour; 1 teaspoon Soda; 1 cup Raisins; 1 cup Currants; $\frac{1}{2}$ teaspoon each Cloves, Cinnamon and Nutmeg; 1 cup chopped Suet; $\frac{1}{2}$ teaspoon Salt. Mix and steam three hours. —Mrs. R. Hanson.

DEPRESSION PUDDING

1 cup Dry Bread Crumbs; 1 cup Buttermilk; 1 cup Brown Sugar; $\frac{1}{4}$ cup Shortening; 1 cup Chopped Raisins; $\frac{1}{2}$ teaspoons Cloves; 1 level teaspoon Soda; $\frac{1}{2}$ teaspoon Salt; $\frac{1}{2}$ cup Flour. Put the Bread Crumbs in the Buttermilk and let stand for $\frac{1}{2}$ hour. Mix Sugar and Shortening together and add Raisins. Measure and sift together Flour and other dry ingredients. Cook about 45 minutes. Serve with hot sauce or whipped cream. —Mrs. S. Provo.

HALF HOUR PUDDING

$\frac{1}{2}$ cup Brown Sugar; 1 cup Sifted Flour; 2 teaspoons Baking Powder; pinch of Salt; 1 cup Raisins; $\frac{1}{4}$ cup Milk. Mix and put in a greased dish. Pour the following sauce over the batter—2 cups Boiling Water; 1 cup Brown Sugar; 1 tablespoon Butter; $\frac{1}{4}$ teaspoon Nutmeg. Bring this to a boil and pour over the batter and bake for 25 minutes.

—Mrs. Rollo Pugh.

DANISH LEMON PUDDING (CITRONFROMAGE)

Two teaspoons Gelatine soaked in $\frac{1}{2}$ cup cold water, let stand for 3 minutes, then fill the cup with boiling water and stir until gelatine is dissolved. Beat 4 Egg Yolks with 1 cup of Sugar until they become white, add juice of 2 Lemons and stir in with the Eggs and Sugar, then the dissolved Gelatine. Add 4 beaten Egg Whites, set out to cool. Beat it now and again till Gelatine sets, or Egg Whites will come to the top. Serve with Whipped Cream.

—Mrs. Chris Petersen.

RICE WHIP

Boil 2 cups Rice in boiling water till well done, with pinch Salt. While Rice is cooling whip 2 cups thick cream, flavor with Vanilla and sweeten to taste. Mix Rice with 1 can Crushed Pineapple and 2 large Bananas and Whipped Cream. Part of the Cream can be used for the top of this. Whip with a few slices of Bananas and Cherries.

—Mrs. R. Hanson.

HOME MADE ICE CREAM

Four cups thick Whipped Cream; $1\frac{1}{2}$ cups Granulated Sugar; $1\frac{1}{2}$ teaspoons Vanilla. Whip until stiff, set in refrigerator till cold. When it begins to freeze around the edge of container whip again with egg beater. Repeat every little while until frozen all the way through. Cover container and leave to ripen one hour or less.

—Aunt Jennie.



ROSE VALLEY BAKERY

For Good Things To Eat



NICK A. LIPKA

GENERAL MERCHANT

Fosston, Sask.

[illegible]

SWEDISH CAKES

—Mrs. Ben Sundell.

—M. A. Perkins.

—M. E. Smith.

—Mrs. L. B. Pugh.

—Mrs. Marshall.

—Mrs. C. A. Westby.

—Mrs. A. Ike.

This Space Donated by

Mr. E. H. Langford

GAME GUARDIAN



John Stronski

GENERAL MERCHANT

SHOE REPAIRING

Fosston, Sask.

SLICE COOKIES

$\frac{1}{2}$ cup Butter; $1\frac{1}{2}$ cups Brown Sugar; 2 Eggs; $\frac{1}{2}$ cup Chopped Raisins; 1 teaspoon Vanilla; 1 teaspoon Baking Soda; 1 teaspoon Cream of Tartar; $\frac{1}{2}$ teaspoon Cinnamon; $2\frac{1}{2}$ cups Flour; pinch of Salt if butter is not used. Cream Butter and Sugar together till light, then gradually add to well beaten Eggs; add Raisins and Vanilla; then the Flour, Baking Soda, Cream of Tartar and Cinnamon which have been sifted together. Roll in two long rolls, wrap in waxed paper and store in a cool place over night. Slice in the morning and bake in a moderate oven, 350 deg. F., till a light brown.

—Mrs. O. Holt.

FILLED COOKIES

1 cup White Sugar; 1 cup Brown Sugar; 2 Eggs; 1 cup Milk; 1 cup Shortening; 4 teaspoons Cream of Tartar; 2 teaspoons Baking Soda; 2 teaspoons Vanilla; 6 cups Flour; pinch of Salt. Roll out and bake. Filling—2 cups ground Raisins; 1 cup White Sugar; 1 cup Water; Pinch of Salt; 2 tablespoons Flour. Cook until thick. Put two and two cookies together.

—Mrs. Westerberg.

CHOCOLATE INDIANS

$\frac{1}{2}$ cup Butter; 1 cup Brown Sugar; 2 Eggs; $\frac{1}{2}$ teaspoon Salt; $\frac{1}{2}$ cup Flour; 2 squares unsweetened Chocolate; 1 teaspoon Vanilla; 1 cup of Walnuts cut in pieces and sprinkled on top. Bake in a moderate oven 20 to 25 minutes.

—Mrs. Nobel Torgerson.

DATE ALMOND SQUARES

$\frac{1}{2}$ cup Butter; $1\frac{1}{2}$ cups Flour; $\frac{1}{2}$ cup White Sugar; 1 teaspoon Baking Powder; 2 Egg Yolks; 1 teaspoon Vanilla; spread in pan. Beat 2 Egg Whites stiff; add 1 cup Brown Sugar. 1 cup Dates; $\frac{1}{2}$ cup cold water; cook; spread Dates on No. 1 part; cover with No. 2 and sprinkle with blanched Almonds. Bake 30 or 35 minutes.

—Mrs. Nobel Torgerson.

BUTTER BUDS

1 cup Butter; 1 cup B. Sugar; 1 teaspoon Bak. Powder; $2\frac{1}{2}$ cups Flour; pinch of Salt; 1 teaspoon Vanilla. Cream Butter and Sugar together; add Salt and Baking Powder and Flour sifted; then Vanilla. Roll into balls and press down with a fork. Cook until light brown, leave in pan until cool before removing so as not to break.

—Mrs. Charlie S. Sunderland.

ICE CREAM

$\frac{1}{2}$ Jelly Powder; 1 cup Sugar; 1 cup Boiling Water. When cold but not set, add 3 cups Milk and 1 cup Whipped Cream. Set outside to freeze. After $\frac{1}{2}$ hour give a stir.

—Mrs. Milton Cutler.

CRACKERS

4 teaspoons Baking Powder; 4 cups Flour; 1 teaspoon Salt; $\frac{1}{2}$ cup Butter or Lard; Sweet Milk or Water to mix. Roll and cut into squares, pick with fork like crackers, bake in moderate oven.

—Mrs. Charlie S. Sunderland.

COCOANUT BAR

1 cup Flour; 1 Egg; $\frac{1}{2}$ cup Butter; 1 tablespoon Milk; mix to paste and press into tin. Spread with jam, on top put this mixture—1 Egg; $\frac{3}{4}$ cup Sugar; Butter size of an egg; 2 cups Cocoanut; 1 teaspoon Vanilla; then bake.

—Mrs. Robert Marshall.

VANILLA CARMELS

2 cups Sugar; 1 cup Brown Sugar; 1 cup light Corn Syrup; 1 cup Cream; 1 cup Milk; $\frac{1}{2}$ cup Butter; 1 teaspoon Vanilla; pinch Salt; 1 cup Nuts. Cook till it forms a firm ball when dropped in cold water and stir very little. Mark into small squares before it hardens.

—Mrs. Robert Marshall.

J. C. Campbell

DRAYING

ROSE VALLEY.

SASK.

Karl Jacobs

Meat Market



Fosston, Sask.

OATMEAL MACAROONS

2 cups Brown Sugar; 1 cup Butter, 1 cup Rolled Oats; 1 cup Cocoa-nut; $2\frac{1}{2}$ cups Flour; 2 Eggs; 1 teaspoon Baking Powder; $\frac{1}{2}$ teaspoon Soda. Cream Butter and Sugar; add beaten Eggs, stir in Rolled Oats and Cocoa-nut, then mix in other ingredients. Drop from spoon to baking pan, press centres with fork, then bake in hot oven.

—Mrs. Robert Marshall.

PENNY PUFFS

1 cup Sugar; pour on 2 cups of boiling water; set on stove until Sugar is dissolved. Put 1 Yeast Cake in 1 cup of cold water; add to Syrup when cold; add 2 beaten Eggs; pinch of Salt and enough Robin Hood Flour that dough will not stick to fingers. Set at night and in the morning knead down; then knead at night again and again the next morning. At night put into pans and let the buns rise until morning and then bake a golden brown.

—Mrs. Walter F. Hanson.

TEA ROOM FRUIT COOKIES

1 cup Butter; $1\frac{1}{2}$ cups White Sugar; 3 Eggs; $\frac{1}{2}$ teaspoon each of Soda, Cinnamon, Allspice, Nutmeg, Cloves; 3 cups Flour, 1 teaspoon Baking Powder; 1 cup Raisins (chopped fine); leave 1 Egg out for glazing. Drop by spoonfuls on greased tin. Flatten down with spoon; glaze with the beaten Egg.

—Mrs. A. Minge.

DATE SQUARES

Boil 1 pkg. or $\frac{1}{2}$ lb. Dates; 1 cup Water; $\frac{1}{2}$ cup Sugar. Batter—1 cup Butter; 1 cup Brown Sugar; $2\frac{1}{2}$ cups quick cooking Oatmeal; $1\frac{1}{2}$ cups Flour; 1 teaspoon Soda. Put half the batter in bottom of pan; add Date mixture, then the rest of batter; bake 20 minutes.

—Mrs. Westerberg.

MOLASSES COOKIES

1 cup Molasses; 1 teaspoon Soda; 2 cups Sugar; 1 cup Butter; $\frac{3}{4}$ cup Sour Cream; 2 well beaten Eggs; 1 teaspoon Ginger; 1 teaspoon Cinnamon; $\frac{1}{2}$ teaspoon Salt. Then add Flour to make soft dough. Bake in a quick oven.

—Mrs. Ben Anderson.

COOKIES

1 cup Brown Sugar; $\frac{1}{2}$ cup Butter; $\frac{1}{2}$ cup Crisco or Lard; 2 Eggs; 2 tablespoons Milk; 1 teaspoon Vanilla; 2 teaspoons Baking Powder; 1 cup Raisins and Walnuts; Flour. Pat with fork.

—Mrs. F. Andrichuk.

BROWN DROPS

2 Eggs; 2 cups Brown Sugar; 1 cup Shortening, $\frac{1}{2}$ Lard, $\frac{1}{2}$ Butter; $\frac{1}{2}$ cup Water; $\frac{1}{2}$ cup Coffee; 1 teaspoon Soda dissolved in Coffee; 1 cup Raisins; 4 cups Flour; 3 teaspoons Baking Powder; 2 teaspoons Vanilla. Drop into pans and bake.

—Mrs. F. Andrichuk.

POP OVERS

Mix well 1 cup of Milk with 1 cup of Flour, add a little Salt and Melted Butter, add 2 well beaten Eggs and beat all together. Turn into well greased gem pans and bake in hot oven for 10 minutes, decrease the heat and bake 30 minutes longer. They should be crusty with a hollow centre.

—Mrs. W. A. Honko

CREAM PUFFS

1 cup Boiling Water; $\frac{1}{2}$ cup Butter, 1 cup Flour; 3 Eggs. Method—Boil water and Butter together. While boiling stir in the dry Flour and stir rapidly until all ingredients are of a smooth paste. Take from the fire and when lukewarm stir in the unbeaten egg, one at the time. Stir, do not beat, it takes at least 10 minutes to mix properly. Chill. Drop by spoonful on a hot, greased sheet. Bake in a moderately hot (400 F.) oven about 30 minutes. They should be light and dry when ready to take from the oven.

—Mrs. Carl J. Rustad.

For

Good Cooking

you are invited to use these Tested Recipes

For

Good Entertainment

you are invited to attend

ROSE VALLEY SHOWS

regularly bringing you the

Screen's Best Offerings

"YOUR PLEASURE IS OURS"

DATE FILLED COOKIES

$\frac{1}{2}$ cup Shortening; 1 cup Sugar; 1 Egg; $\frac{1}{2}$ cup Milk; 1 teaspoon Vanilla; $3\frac{1}{2}$ cups Flour; $\frac{1}{2}$ teaspoon Salt; 4 teaspoons Baking Powder. Cream Shortening, add Sugar, beaten Egg, Milk and Vanilla; add Flour, Salt and Baking Powder which have been sifted together. Roll out thin on slightly floured board; cut. Place one teaspoon of filling on each cookie; cover with another cookie, press edges together. Bake in moderate oven, 12 to 15 minutes. Filling—2 teaspoons Flour; $\frac{1}{2}$ cup Sugar; $\frac{1}{2}$ cup Water; 1 cup Dates. Mix Flour and Sugar together, add water and fruit. Cook until thick.

—Mrs. H. J. Peterson.

COCOANUT PUFFS

3 Egg Whites; 1 cup Fine Sugar; 2 cups Dessicated Cocoanut; 1 teaspoon Vanilla; tablespoon Cornstarch. Beat the Egg Whites very stiff; add the Sugar and stir in the steam over a dish of boiling water until crust begins to form on the bottom and sides of the dish. Remove from the fire; add the other ingredients and drop on buttered tins. Bake in a moderate oven a few minutes until the white ones are delicately tinted. (A few drops of vegetable coloring may be added to half the mixture, if desired.)

—Mrs. Elis Johnson.

SPICED HONEY NUTS

$\frac{1}{2}$ cup Honey; $\frac{1}{2}$ cup Butter; $\frac{1}{2}$ cup Sugar; 1 Egg; $1\frac{1}{2}$ teaspoons Cinnamon; $1\frac{1}{2}$ cups Pastry Flour; 2 teaspoons Baking Powder; 1 cup Chopped Nut Meats; $\frac{1}{4}$ teaspoon Salt. Cream the Butter and add the Sugar gradually, stirring until well blended; add the Egg, well beaten, the Honey, and the Flour, Baking Powder, Salt and Cinnamon sifted together. Beat thoroughly and fold in the Chopped Nuts. Drop from a small spoon on a greased baking sheet, leaving a space of about two inches between each cookie, because the mixture spreads in baking. Bake in moderate oven for about 15 minutes.

—Mrs. Elis Johnson.

DOUGHNUTS

$\frac{1}{4}$ cup Sugar; 1 tablespoon Melted Butter; 2 Eggs; $\frac{1}{4}$ teaspoon Salt; $\frac{1}{2}$ teaspoon Nutmeg; $\frac{1}{2}$ cup Sweet Milk; 2 level teaspoons Baking Powder; 2 cups Flour.

—Mrs. Nels Pederson.

FATTEMAN

3 Eggs; 5 tablespoons Sugar; 3 tablespoons Sweet Cream; Flour to roll tin and cut and cook in hot lard.

—Mrs. Nels Pederson.

OATMEAL COOKIES

1 cup Lard or Butter; 2 cups Sugar; 2 Eggs, well beaten; pinch of Salt; Cinnamon or Flavor; $1\frac{1}{2}$ cups Sour Cream; 1 teaspoon Soda in Cream; 3 cups Oatmeal. Put Oatmeal and Cream and Soda and the rest in bowl for 2 or 3 hours, then mix Flour to roll and bake golden brown.

—Mrs. Nels Pederson.

MAIDS OF HONOR

1 cup Crisco or Butter can be used; 2 Eggs, unbeaten; $\frac{3}{4}$ cup Sugar; $1\frac{1}{2}$ cups Raspberry Jam or any other good jam; 2 cups Pastry Flour; $\frac{1}{4}$ teaspoon Salt; 2 teaspoons Baking Powder; $\frac{1}{2}$ cup Blanched Almonds or Walnuts chopped fine; $\frac{1}{2}$ pint Whipping Cream. Beat Crisco and Eggs to a Cream; add Sugar; beat until light and soft. Stir in Flour, Salt and Baking Powder sifted together. Form small round balls between hands and put into patty pans (small muffin tins); make deep hole in centre by pressing the dough up around the edges. Fill with Jam and Nuts mixed together. Bake in quick oven 10 minutes. When cool pile with Whipped Cream sweetened to taste. Makes about 18.

—Mrs. O. Hillestad.

"HOUSE OF A MILLION IDEAS"

Lockwood Trading Co.

DEALERS IN

PAINTS and VARNISHES HARDWARE and SUPPLIES
MACHINERY and FURNITURE (New and Second Hand)
RADIOS BEDDING BINDER TWINE
J. I. CASE FARM EQUIPMENT
RENFREW STOVES and CREAM SEPARATORS
ELASTICA PAINTS and VARNISHES
GAS and OILS

ROSE VALLEY.

SASK.



SALES

and

SERVICE

Lageri's Garage



ROSE VALLEY,

SASK.

COCOANUT TARTS

Make pastry and line patty tins with pastry. 2 cups Cocoanut; 1 cup Sugar; 2 Eggs. Drop $\frac{1}{2}$ teaspoon Raspberry Jam in each shell and put 1 teaspoon Cocoanut mixture on top, then bake. —Mrs. E. Prosser.

OVER NIGHT CARAMEL COOKIES

7 cups Flour; 1 teaspoon Salt; 4 cups Brown Sugar; 1 tablespoon Soda; 1 tablespoon Cream of Tartar; mix well; 4 Eggs, beaten well; 1 cup Melted Lard; $1\frac{1}{2}$ tablespoons Vanilla. Make into rolls. Let stand over night and cut with a knife and bake. —Mrs. Olive M. Budd.

FLAT BROD

3 cups Flour; 3 tablespoons Lard; little Salt. Add enough hot water to make a soft batter that can be worked by the hands without sticking. Let cool. Cut into pieces. Roll very thin in rye flour. Bake in oven till light brown. —Mrs. Fred Sigfrid.

DOUGHNUTS

3 Eggs; 1 cup Sugar; 2 tablespoons Melted Butter; $\frac{1}{2}$ cup Sweet Cream; $\frac{1}{2}$ cup Milk; $4\frac{1}{2}$ cups Flour; 2 teaspoons Baking Powder; 1 teaspoon Salt. Mix together Butter, Sugar and Beaten Eggs till smooth, then add milk and Cream gradually, then Flour, Baking Powder and Salt which have been sifted together. If too soft, add a little more Flour to roll out. Cut in rings and fry in deep fat. Roll in Powdered Sugar.

—Mrs. Clarence Nelson.

DOUGHNUTS

1 scant cup Sugar; 1 cup Sour Cream; 2 cups Buttermilk; 1 teaspoon Baking Powder; 1 Egg, $\frac{1}{2}$ teaspoon Salt; $\frac{1}{2}$ teaspoon Nutmeg; 1 small teaspoon Soda; Flour to roll. Fry in piping hot Lard.

—Mrs. Colbin Erickson.

DATE COOKIES

1 cup Sugar; $\frac{1}{2}$ cup Butter; $\frac{1}{2}$ cup Lard; $\frac{1}{2}$ cup Buttermilk; 1 teaspoon Soda in milk. Filling—1 lb. Dates; 1 cup Sugar; 1 cup Water. Boil until soft and smooth. Place between cookies and press together.

—Mrs. Edgar Hewitt.

ITALIAN ROLLS

1 cup Sweet Thick Cream; 1 box White Marshmallows; 1 box Colored Marshmallows; 1 cup Walnuts (cut fine); $\frac{1}{2}$ lb. Dates (cut fine); 30 Cherries (cut fine); 24 Graham Wafers (ground). Use $\frac{1}{2}$ Wafers in mixture and save other half to roll mixture on. Roll in wax paper and keep in cold place for 24 hours.

—Mrs. W. Laskin.

GROUND OATMEAL COOKIES

2 cups Sugar; 1 cup Lard and Butter mixed; 2 Eggs; 2 cups Oatmeal (if coarse put through grinder); $2\frac{1}{2}$ cups Flour; 2 teaspoons Soda; 1 cup Ground Raisins; 1 teaspoon Vanilla. Cream the Sugar and Shortening, add well beaten Eggs, then Soda (dissolved in a little water) and Vanilla. Last add Raisins and other dry ingredients. Form into little balls on greased baking sheet and bake in a slow oven. These get better after keeping a few days.

—Mrs. Nick Berge.



DRY GOODS

BOOTS & SHOES

HARDWARE

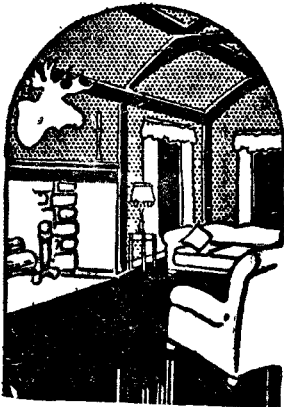
PAINTS

FULL LINE OF HARNESS

B. MOONAY

FOSSTON

SASK.



Gust's Hotel

COMFORTABLE ROOMS

DINING ROOM SERVICE

Rose Valley, Sask.

SHORT BREAD

4 cups Flour; 2 cups Butter; 1 cup Icing Sugar. Roll $\frac{1}{4}$ of an inch thick. Cut in squares and bake in a moderate oven. —Mrs. Jas. Shaver.

ROCKS

1 cup Brown Sugar; 1 cup White Sugar; 1 cup Butter; 2 Eggs; 1 cup Raisins (ground); 4 tablespoons Sour Cream; 1 teaspoon Soda; 1 Orange (ground) rind and all; 2 cups Rolled Oats; Flour to stiffen. Drop from spoon. —Mrs. J. Hamel.

BROWNIES

1 cup Sugar; $\frac{1}{2}$ cup Butter; 2 Eggs; $\frac{1}{2}$ cup Flour; 3 heaping teaspoons Cocoa; $\frac{1}{2}$ teaspoon Baking Powder; 1 teaspoon Vanilla; $\frac{1}{2}$ cup Walnuts. Spread in pan like you would a cake. Bake in a moderate oven. Cut while hot. —Mrs. E. Arnegard.

GINGER SNAPS

1 Coffee cupful men cooking; 1 cup Shortening and 1 of Sugar; put in a sauce and let come to a boil, then take off and add a teaspoonful of Soda and a tablespoonful of Ginger; mix in enough Flour to roll out easily; roll out very thin and bake in a quick oven.

—Mrs. M. O. Sigstad.

BUTTER BUDS

1 cup Butter; 1 cup Brown Sugar; 2 Eggs; 2 teaspoons Vanilla; 4 teaspoons Baking Powder; $2\frac{1}{2}$ cups Flour; $\frac{1}{4}$ teaspoon Salt. Cream Butter, add Sugar gradually, then add the beaten Eggs. Sift the Flour with Baking Powder and Salt. Combine mixtures, add flavoring. Should be the same texture as cookie dough. —Mrs. Jas Marshall.

MOLASSES COOKIES

1 cup of Molasses; 1 teaspoon Soda beaten in 2 cups of Sugar; 1 cup of Butter or Lard; $\frac{3}{4}$ cup Sour Cream; 3 well beaten Eggs; 1 teaspoon Ginger; 1 teaspoon Cinnamon; $\frac{1}{2}$ teaspoon Salt, and Flour to make soft dough. Bake in quick oven. —Mrs. Narve Erickson.

SHOP GINGER COOKIES

1 cup Shortening; 1 cup Molasses; 1 level teaspoon Salt; $\frac{1}{2}$ cup Boiling Water; 1 cup Sugar; 1 heaping teaspoon Soda; 2 teaspoons Ginger; $3\frac{1}{2}$ cups Flour. Chill, then roll into small round balls and bake in a hot oven.

—Hazel Ashdown.

MA'S COOKIES

$\frac{1}{2}$ cup Shortening; $\frac{1}{2}$ cup Butter; 2 cups Sugar; 2 Eggs; $\frac{1}{2}$ cup Sour Cream; $1\frac{1}{2}$ teaspoons Vanilla; pinch of Salt; 1 teaspoon each of Soda and Baking Powder; Flour enough to make a dough that can easily be rolled out.

—Mrs. C. O. Welte.

BUTTER TARTS

2 Eggs; 1 cup Sugar; 2 teaspoons Vinegar; 1 oz. Butter (about size of an egg); 1 cup Currants or 1 cup of Chopped Raisins; Nutmeg or Vanilla to flavor. Beat Eggs well and mix with rest of ingredients. Fill unbaked tart shells and bake. —Mrs. Margaret Welsh.

In this book, if you take a look
There are things to be eaten,
That can't be beaten,
But if it should happen,
As things do happen
That the tummy won't take,
What the eyes indicate,
Then to the Drug Store,
To Medicate.



SOLE AGENTS IN ROSE VALLEY DISTRICT FOR DE-
FOREST CROSLEY AND MARCONI RADIOS.

Have Your Radio Tubes Tested Without Charge

McAllister Drug Store

ROSE VALLEY.

SASK.

CREAM COOKIES

2 Eggs; 1 cup Sour Cream; 1 cup Butter; 2 cups Sugar; 2 level teaspoons Soda; Flour enough to roll out. —Mrs. Narve Erickson.

ROSETTES

2 Eggs; $\frac{1}{2}$ teaspoon Salt; 1 teaspoon Sugar; 1 cup Milk; 1 cup Flour (more if necessary). Beat Eggs slightly with Sugar and Salt; add Milk and Flour; beat until smooth. This amount will make forty Rosettes. Screw handle into one of the irons and put Rosette iron into hot lard to heat before dipping it into the batter. Return it to the hot lard, thoroughly covering the iron with same for at least 20 seconds, but not over 35 seconds, then tilt Rosette against side of pan, shake the iron on edge of same to remove all lard, take off with a clean cloth.

SOUR CREAM COOKIES

2 cups Brown Sugar; 1 cup Butter; 2 Eggs; 1 cup Sour Cream; $\frac{1}{2}$ teaspoon Salt; $\frac{1}{2}$ teaspoon Nutmeg; 1 teaspoon Soda; 4 teaspoons Baking Powder; $4\frac{1}{2}$ cups Pastry Flour; Nuts; 1 cup Raisins. Cream Butter and Sugar together, add well beaten Eggs, then Sour Cream and Raisins. Sift dry ingredients and add to batter with Nuts, if any. Drop by spoonfuls on greased cookie sheet and bake 15 minutes in 400 deg. oven. These are as attractive as rolled cookies and are very rich and good.

—Mrs. Ralph Hamel.

GRAHAM CRACKERS

1 cup Sugar; 1 cup Shortening; 2 Eggs; 1 teaspoon Soda; 2 tablespoons Water; 4 tablespoons Milk; 1 teaspoon Salt; 1 teaspoon Cinnamon; 6 cups Graham Flour. Cream altogether Sugar, Shortening, Eggs, Salt and Spice. Dissolve Soda in the Milk and Water, and when well mixed add Flour. This makes a very stiff dough which will have to be worked with the hands in order to get the Flour mixed in. Then place on a board and roll very thin. —Mrs. M. Holo.

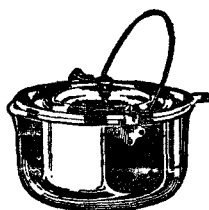
LEMON CRUMBLE

$1\frac{1}{2}$ cups Graham Wafer Crumbs; $\frac{1}{2}$ cup White Sugar; 1 teaspoon Baking Powder; $\frac{3}{4}$ cup Flour; $\frac{1}{2}$ cup Cocoanut. Mix together and press into baking pan, spread with lemon cheese and sprinkle with part of the mixture. Cut in squares when baked. —Mrs. G. W. Lawrence.



MAKE YOUR HOME BEAUTIFUL. MAKE IT ATTRACTIVE;
GIVE IT A NEW COAT OF PAINT; REPAINTING SAVES YOUR BUILDINGS FROM THE WEAR AND
TEAR OF PASSING YEARS

FOR A GOOD JOB WELL DONE WE RECOMMEND
Diamond "A" Paints and Kyanize Enamels and Varnishes



When trying new Recipes
"be sure and use good
KITCHEN UTENSILS,
thus assuring yourself the
best results for your efforts



PYREX

OLIVER FARM EQUIPMENT

BEATTY PUMPS

BEATTY WASHING MACHINES

STEWART WARNER RADIOS

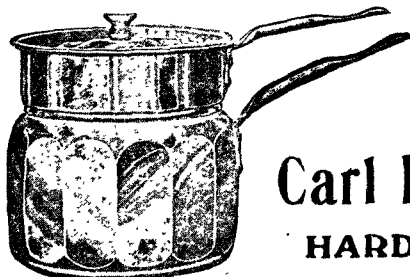
McClary and Enterprize Stoves

DE LAVAL CREAM SEPARATORS

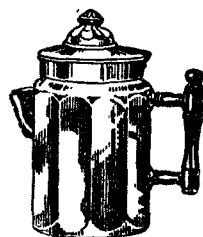
ANIMAL BUILDER

FERTILIZERS

RUSTAD'S STOCK IS COMPLETE—THEY HAVE
EVERYTHING



Carl Rustad
HARDWARE



ROSE VALLEY,

SASK.

Cakes

+++++

CHOCOLATE CAKE

2 cups Sifted Cake Flour; 1 teaspoon Baking Powder; 1 teaspoon Soda; $\frac{1}{2}$ teaspoon Salt; $\frac{1}{2}$ cup Butter or other Shortening; 2 cups Sifted Brown Sugar; 2 Eggs, well beaten; 1 cup Sour Milk; 4 squares unsweetened Chocolate, or $\frac{1}{2}$ cup Cocoa, sifted with flour; 1 teaspoon Vanilla. Sift Flour, Baking Powder, Soda and Salt together three times. Cream Shortening; add 1 cup Sugar; beat Eggs; add second cup Sugar. Combine Egg mixture and creamed Shortening; add Flour alternately with Sour Milk; add Chocolate and Vanilla. Bake in 3 9-inch layers in moderate oven.

—Mrs. A. Gall.

DATE AND NUT CAKE

1 cup Dates, cut fine; pour 1 cup boiling water over it and add 1 teaspoon Soda. Let cool. Mix $\frac{1}{2}$ cup Butter; 1 cup White Sugar; 2 Eggs; $1\frac{1}{2}$ cups Flour; $1\frac{1}{2}$ teaspoons Baking Soda; $\frac{1}{2}$ cup Chopped Walnuts; 1 teaspoon Vanilla. Bake in layers.

—Mrs. Martin Benson.

SPICE LAYER CAKE

$\frac{1}{2}$ cup Butter; $\frac{1}{2}$ cup Brown Sugar; 3 Egg Yolks; $\frac{1}{2}$ cup Molasses; $\frac{1}{2}$ cup Sour Milk; 1 teaspoon Soda; Nutmegs, Cloves and Cinnamon; 2 cups Flour. Icing—1 cup Sugar; 3 tablespoons Water. Boil until it hairs, and then pour unto the well beaten whites of 3 eggs. Beat until cool. Season with Cinnamon.

—Mrs. H. J. Peterson.

THREE FRUIT CAKE

$\frac{1}{2}$ cup Butter; 1 cup Fine Sugar; 2 Eggs; 2 cups Flour; $\frac{1}{2}$ teaspoon Salt; 3 teaspoons Baking Powder; 4 tablespoons Crushed Bananas; 2 tablespoons Grated Orange Rind; 4 tablespoons Orange Pulp; 1 cup Seedless Raisins, put through chopper; $\frac{1}{2}$ cup Milk; $\frac{1}{2}$ teaspoon Vanilla. Method—Cream Butter thoroughly, gradually adding Sugar; add beaten Eggs, and continue beating until the mixture is very light. Sift Flour once, measure, add Baking Powder and Salt; sift together twice; add $\frac{1}{2}$ dry ingredients to butter mixture, then the fruits, then remaining dry ingredients and Milk alternately; add Vanilla. Turn into greased and floured round pan. Bake in moderate oven 45 minutes to 1 hour.

—Mrs. A. Watters.

"CAKE"

1 cup Sugar; $1\frac{1}{2}$ cups Flour; 2 heaping tablespoons Cocoa, 1 teaspoon Soda, and sift together. Drop in 1 Egg, 1 cup Sour Milk, $\frac{1}{2}$ cup melted Butter and 1 teaspoon Vanilla; beat hard for a few minutes, bake in a sheet and ice.

—Mrs. J. Walker.

CHOCOLATE CAKE

1 cup Sugar; 3 tablespoons Cocoa; 3 tablespoons Butter; 1 pinch Salt; $1\frac{1}{2}$ cups Sour Milk; 1 teaspoon Soda; 2 cups Flour. Bake slowly and ice with any icing.

—Mrs. Wesley Budd.

ENGLISH NUT CAKE

2 cups Brown Sugar; $\frac{1}{2}$ cup Butter; 2 Eggs. 1 cup Sour Milk; 1 teaspoon Soda in the milk; 2 cups Flour; 1 teaspoon Cloves; 2 teaspoons Cinnamon; $\frac{1}{2}$ teaspoon Nutmeg; 1 lb. Seedless Raisins; 1 lb. Walnuts.

—Mrs. A. Ike.

GUM DROP CAKE

$\frac{1}{2}$ cup Butter; 2 teaspoons Baking Powder; 1 cup Sugar; $\frac{3}{4}$ cup Gum Drops; $\frac{1}{2}$ cup Milk; $\frac{1}{2}$ lb. Sultana Raisins; 2 cups Flour; 2 Eggs. Cut Gum Drops with warm scissors. Do not cut the cake for three days.

—Mrs. Olive M. Budd.

Cockshutt Plow Coy. Ltd.

Holds The Valued Respect of Canadian Farmers

+++++

ADAMS SLEIGHS AND WAGONS.

FROST & WOOD BINDERS, MOWERS and RAKES.

COCKSHUTT TILLER COMBINES.

THE FAMOUS COCKSHUTT 28 INCH GANG PLOW

COCKSHUTT HART - PARR TRACTORS.

We have a well arranged stock of Repair Parts which insures
Low Cost; Quick and Easy Service to our Customers.

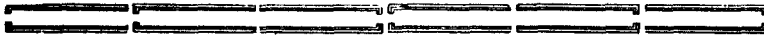
J. B. LORIMER.

Agent

Rose Valley

Automobile and Fire Insurance

Notary Public



SLIP INTO

Johnson's Barber Shop

FOR A CLEAN SHAVE

FACE AND SCALP MASSAGE

Try Our Treatment for Dandruff.

Razors and Shears Sharpened at A Low Price

ROSE VALLEY.

SASK.

FRUIT CAKE

$\frac{1}{2}$ lb. Flour; $\frac{1}{2}$ lb. Butter; $\frac{1}{4}$ teaspoon Cinnamon; $\frac{1}{4}$ teaspoon Cloves; $\frac{1}{4}$ teaspoon Salt; 6 ozs. Sugar; 6 ozs. Currants; 6 ozs. Sultanas; 6 ozs. Mixed Peel; 2 ozs. Ground Almonds; 1 teaspoon Baking Powder; 4 Eggs. A little Milk or Brandy. Mix in ordinary way and bake.

—Mrs. William Longmuir.

DREAM CAKE

1 cup Flour; $\frac{1}{2}$ cup Butter, rub Flour and Butter together; put in pan and bake a few minutes (light brown); then mix following: 2 Eggs; $1\frac{1}{2}$ cups Brown Sugar; 1 cup Walnuts (chopped); $\frac{1}{2}$ cup Cocoanut; 2 tablespoons Flour; $\frac{1}{2}$ teaspoon Baking Powder; 1 pinch Salt; mix well and spread over first mixture. Bake in a moderate oven.

—Mrs. Eldine Welsh.

CREAM CAKE

1 cup Sugar; 3 Eggs, beaten well; 1 cup Sweet Cream; $1\frac{1}{2}$ cups Flour; 3 teaspoons Baking Powder and flavor.

—Mrs. A. Ike.

SWISS ROLL

2 teaspoons Baking Powder; 2 ozs. Flour; 3 Eggs; 3 ozs. Sugar; 1 tablespoon Hot Water; $\frac{1}{2}$ teaspoon Vanilla; 3 teaspoons Jam. Measure out ingredients. Butter and paper a square flat tin; whisk whites of Eggs to a stiff froth then add yolks one by one, beating well. Beat in Sugar till dissolved; mix together Baking Powder, Flour and add them along with the water and flavoring. Mix all lightly. Pour into prepared tin and bake in a hot oven for 10 minutes. Spread with heated jam and roll.

—Mrs. William Longmuir.

COCOA FUDGE CAKE

$\frac{1}{2}$ cup Shortening; $1\frac{1}{2}$ cups Sugar; 3 Eggs; $\frac{1}{2}$ teaspoon Salt; $2\frac{1}{2}$ cups Flour; 1 level teaspoon Baking Powder; 1 scant teaspoon Soda; 1 teaspoon Vanilla; 1 cup Sour Milk; $\frac{1}{2}$ cup Cocoa; $\frac{1}{2}$ cup Boiling Water. Cream the Sugar and Shortening; add the well beaten Eggs; then add Sour Milk in which Soda has been dissolved. Next add all dry ingredients which have been sifted together. Last add Cocoa mixed with the Boiling Water. Bake in a moderate oven.

—Mrs. Nick Berge.

SUNSHINE CAKE

1 cup Eggs; $1\frac{1}{2}$ cups Sugar; $\frac{1}{2}$ cup Egg Yolks; $\frac{1}{2}$ teaspoon Lemon Extract; few drops Orange Extract; 1 cup Flour, sifted twice before measuring; 1 teaspoon Cream of Tartar. Beat whites until stiff. Fold in Sugar gradually, then Yolks of Eggs beaten until lemon colored; add flavoring and 2 tablespoons cold water. Fold in Flour and Cream of Tartar. Bake one hour and 15 minutes in a moderate oven in a tube pan. Ice with a cup of Powdered Sugar moistened with 1 tablespoon warm cream and flavoring, two drops of Orange Juice.

—Mrs. C. O. Welte.

BLUE RIBBON FRUIT CAKE

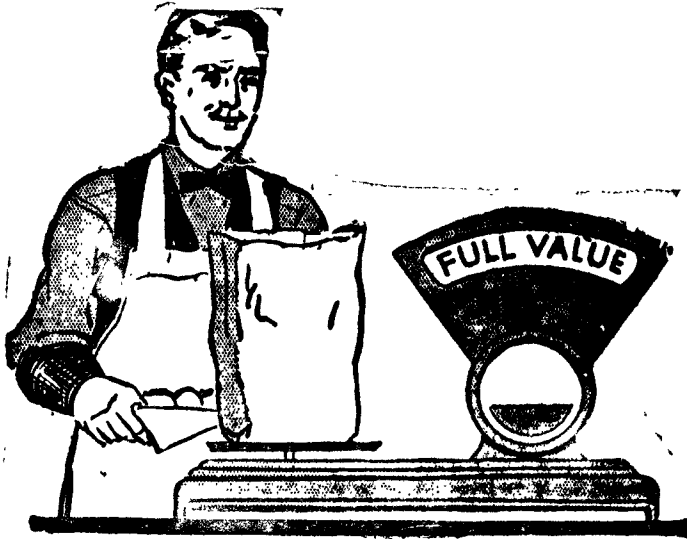
$1\frac{1}{2}$ lbs. Butter; $1\frac{1}{2}$ lbs. Flour (browned); $1\frac{1}{2}$ lbs. Sugar; 2 lbs. Currants; 3 lbs. Raisins (stoned); 1 lb. Citron, sliced very thin; 1 doz. Eggs; 1 small cup Molasses; 1 teaspoon Soda, dissolved in 1 teaspoon of hot water; flavor with Lemon and Vanilla and all kinds of Spices. Dredge fruit with Flour. Bake from 3 to 4 hours. This is the recipe of the Cake which took the Blue Ribbon at the St. Louis Fair.

—Mrs. C. O. Welte.

DELICATE WHITE CAKE

1 cup Butter; 2 cups fine Fruit Sugar; 3 cups Pastry Flour; 3 teaspoons Baking Powder; 1 cup Milk; 1 teaspoon Vanilla Extract; $\frac{1}{2}$ teaspoon Almond Extract; 6 Egg Whites; $\frac{1}{2}$ teaspoon Salt. Cream the Butter and half the Sugar thoroughly, sift the Flour and Baking Powder 3 times and add to the Butter mixture alternately with the Milk; add flavouring, beat the Egg Whites until foamy, fold in remainder of the Sugar and beat mixture to a meringue. Bake in 3 layer pans lined with wax paper in a moderate 375 deg. oven for about 25 minutes.

—Mrs. Carl J. Rustad.



A Few Reasons Why You Should

Shop at Our Store

WHEN YOU BUY AT LASKINS YOU CAN GET EVERY-
THING— YOU ARE SURE OF GETTING THE BEST
QUALITY— FRESH AND CLEAN MERCHANDISE AT
REASONABLE PRICES AT ALL TIMES— YOU ARE
SURE OF HONEST DEALINGS, MEASURES AND
WEIGHTS

—ONE PRICE FOR ALL—

HIGHEST PRICE PAID FOR PRODUCE

When in town Call in and see our
Stock.— It will pay you to
Shop At Our Store —Because your Dollar Buys More

Buy at LASKINS and SAVE \$\$\$

We are Agents for

Robin Hood FLOUR



SPICE CAKE

1 cup Sour Milk; 1 cup Sugar; 1 Egg; 1 tablespoon Shortening; 2 cups Flour; 1 teaspoon Soda; 1 teaspoon Cinnamon; $\frac{1}{2}$ teaspoon Cloves; $\frac{1}{2}$ teaspoon Nutmeg; $\frac{1}{2}$ teaspoon Salt; 1 cup Raisins. Cream Sugar and Shortening; add Eggs and Milk; sift all dry ingredients and add to mixture.

—Mrs. Clarence Nelson.

NUT LOAF CAKE

1 cup Butter; $1\frac{1}{2}$ cups Sugar; 3 Eggs; $\frac{1}{2}$ cup Milk; 3 cups Flour; 3 teaspoons Baking Powder; $1\frac{1}{2}$ cups Chopped Walnuts; $\frac{1}{2}$ teaspoon Salt; 1 teaspoon Vanilla. Beat Butter until soft and creamy; add Sugar and yolks of Eggs, beaten well. Sift Flour with Baking Powder and Salt and add alternately a little at a time with Milk; mix well, but do not beat; add Nuts and Flavoring, fold in stiffly beaten Egg whites. Mix well. Pour into well greased and floured loaf pan and bake 1 hour in a moderate oven.

—Mrs. James Marshall.

SPONGE CAKE

4 Eggs; 1 cup Granulated Sugar; 1 cup Flour; $\frac{1}{2}$ cup Water; 1 teaspoon Baking Powder; pinch of Salt; Vanilla. Method—Beat Eggs separately. Bring Sugar and Water to a boil, pour boiling syrup slowly on Eggs after mixing them. Then beat for 10 minutes before adding the Flour which you sift 4 times with the Baking Powder. Then stir in lightly; add Salt and Flavoring. Bake in a pan with funnel in centre. Sprinkle the top lightly with Sugar before putting in oven. Bake very slowly for 40 minutes. Don't open oven for first 15 minutes.

—Mrs. John Harrison.

DEVIL'S FOOD

1 Egg; $\frac{1}{2}$ cup Sugar; $\frac{1}{2}$ cup Sweet Milk; $\frac{1}{2}$ cup Cocoa. Boil until thick and set aside to cool. 1 cup Sugar; $\frac{1}{2}$ cup Butter; 2 Eggs, beaten; $\frac{1}{2}$ cup Sweet Milk with $\frac{1}{2}$ teaspoon Soda dissolved in it; 2 cups Flour; 1 teaspoon Vanilla; add boiled mixture last. Bake about 30 minutes in moderate oven.

—Mrs. Oliver Nelson.

POLLYANNA COCOA CAKE

$\frac{1}{2}$ cup Butter; 1 cup White Sugar; 2 tablespoons Cocoa; $\frac{1}{2}$ cup Boiling Water; 1 teaspoon Vanilla; $\frac{1}{2}$ cup Sour Milk; 1 beaten Egg; pinch Salt; 1 teaspoon Salt; $1\frac{1}{2}$ cups Flour. Cream Butter and Sugar; add the Egg, then Cocoa dissolved in water. Sift dry ingredients and add to Butter mixture alternately with Sour Milk. Add Vanilla and pour into 8-inch layer cake pans and bake in moderate oven. Be sure to use this filling: 1 tablespoon Cocoa; 2 tablespoons Cornstarch; Vanilla; 2 cups White Sugar; 1 tablespoon Butter; 1 cup Boiling Milk or Water. Cook like any cream filling but add Sugar last as it prevents thickening. Allow to cool before putting between layers. A caramel icing is nicest but any white one is all right.

—Mrs. Ralph Hamel.

COCOA LAYER CAKE

2 cups Brown Sugar; 2 Eggs; $\frac{1}{2}$ cup Cocoa; add enough boiling water to fill the cup; 1 cup thick Sour Cream; 1 teaspoon Soda; 2 cups Flour; $\frac{1}{2}$ teaspoon Vanilla. Bake 25 minutes. Filling— $\frac{1}{2}$ cup Sugar; $\frac{1}{2}$ cup Sour Cream. Cook these two until thick. Take from fire and add $\frac{1}{2}$ cup Chopped Nuts.

—Mrs. Orton Hunter.

CANDY CAKE

$\frac{1}{2}$ cup Butter; 1 cup Brown Sugar; $\frac{1}{2}$ teaspoon Soda; 1 teaspoon Vanilla; 2 cups Oatmeal. Bring Butter and Sugar to boiling point, then add Soda and Vanilla; pour this over Oatmeal and mix. Put in shallow pan, have moderate oven and bake to a golden brown; cut warm.

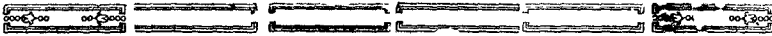
—Mrs. E. Arnegard.

Central Meat Market

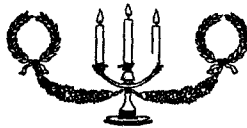
ROSE VALLEY, SASK.

By following the Recipes in this book, and by getting your Chops and All Meat Products from us you are assured of delicious and nourishing meals,

FRESH AND CURED MEATS



Jubilee Cafe



Whether it is just a Lunch or a Full Meal we serve
ONLY THE BEST

Watch for our Grocery Specials

FRUITS

VEGETABLES

CANDIES

TOBACCOS

FRED TOY

Main Street,

ROSE VALLEY

DATE CAKE

1 cup Brown Sugar; $\frac{3}{4}$ cup Butter; 1 lb. Dates; 2 cups Flour; $\frac{3}{4}$ cup Boiling Water; 1 teaspoon Soda in water; 1 cup Walnuts. Bake in slow oven for 45 minutes. Icing—3 tablespoons Melted Butter; Powdered Sugar to make a paste; Vanilla.

—Mrs. J. S. Forrester.

COCOA FUDGE CAKE

$\frac{1}{2}$ cup Shortening; $1\frac{1}{2}$ cups Sugar; 3 Eggs; $\frac{1}{2}$ teaspoon Salt; $2\frac{1}{2}$ cups Flour; 1 level teaspoon Baking Powder; 1 teaspoon Soda; 1 cup Sour Milk; $\frac{1}{2}$ cup Cocoa; $\frac{1}{2}$ cup Hot Water. Cream Shortening, add Sugar and cream together thoroughly; add well beaten Eggs. Sift Flour once before measuring. Mix and sift Flour, Soda, Baking Powder and Salt together, and add to first mixture alternately with Sour Milk. Mix Cocoa and Hot Water together to a smooth paste and add to the cake batter. Pour into 2 9-inch greased and floured pans and bake about 30 to 35 minutes in a moderate oven (350 deg. F.).

—Mrs. Ben Anderson.

WAR CAKE

2 cups Hot Water; 2 tablespoons Lard; 2 cups Brown Sugar; $\frac{1}{2}$ teaspoon Salt; 1 lb. Raisins; 1 teaspoon Cinnamon; $\frac{1}{2}$ teaspoon Cloves; $\frac{1}{2}$ teaspoon Nutmeg. Cook 5 minutes, then cool off. Add 3 cups Flour; 1 teaspoon Baking Powder; 1 teaspoon Soda. Then bake in an oven 45 minutes.

—Mrs. Ben Anderson.

DELICIOUS WHITE CAKE

1 cup Heavy Sweet Cream; 3 Egg Whites; $\frac{1}{2}$ cup Cold Water; 1 teaspoon Vanilla; $1\frac{1}{2}$ cups Sugar; 2 cups Cake Flour; 3 teaspoons Baking Powder; $\frac{1}{2}$ teaspoon Salt. Method.—Whip Cream stiff and add to the stiffly beaten Egg Whites of Eggs; add Cold Water and Vanilla; next add sifted Flour, Sugar, Baking Powder and Salt. Sift 3 times; add to above carefully. Bake in layer tins. Use whipped cream for frosting.

—Luella Larson.

COFFEE CAKE

1 qt. Scalded Milk. While cooling put in bowl: $\frac{1}{2}$ cup Shortening; 1 cup Sugar; 2 cakes Compressed Yeast; $\frac{1}{2}$ cup Tepid Water; beat 2 Eggs lightly; add to other ingredients. When Milk is lukewarm add to Yeast mixture. 12 Cardamon Seeds powdered may be added for real Swedish cake. Add Flour and beat. This mixture will be too soft to knead. Let raise, beat down; raise a second time. Put into pans and raise until double in bulk. Cover top with— $1\frac{1}{2}$ cups Sugar; $1\frac{1}{2}$ tablespoons Cinnamon; 1 tablespoon Softened Butter; 1 teaspoon Vanilla. Sprinkle over top after brushing with Egg or Cream. Bake 25 to 30 minutes and serve warm.

—Mrs. A. O. Larson.

VALENTINE CAKE

1 cup Butter; add 2 cups White Sugar gradually; beat till creamy and light; add 4 cups Swansdown Flour, sifted with $1\frac{1}{2}$ teaspoons Cream of Tartar; 1 cup Sour Milk. Beat well 10 whites of Eggs; $\frac{1}{2}$ teaspoon Baking Soda dissolved in 2 teaspoons Warm Water. Put in 3 layer cake pans large buttered and floured. You can make any icing you desire.

—Mrs. F. Adelman.

EASY SPONGE CAKE

5 Eggs; $\frac{1}{2}$ cup Cold Water; 1 small cup Sugar; 1 teaspoon Almond Extract; $\frac{1}{2}$ teaspoon Salt; 1 teaspoon Baking Powder; 1 teaspoon Cream of Tartar; 1 cup Flour. Beat Egg Yolks, add water gradually and Sugar little at a time. Beat until light and fluffy. Sift Salt, Baking Powder, Cream of Tartar and Flour; add to Egg Yolks, also Extract. Fold in quickly. Beat Egg Whites stiff but not dry. Fold into batter. Bake in angel food tin in slow oven for 1 hour.

—Juliet Bjerland.

Economy Hardware

ROSE VALLEY,

SASK.

Quality Shelf and Heavy Hardware

Floglaze Paints and Oils

Ranges Furnaces Heaters

FURNITURE and BEDDING

DOMO CREAM SEPARATORS

Stromberg-Carlson and G. E. Radios

BUY FOR CASH AND PAY LESS



NORA SUPPLIES

PETE ONEREWICK, PROP.

Choice Groceries

Dry Goods

Boots and Shoes

NORA, SASK.

CHRISTMAS CAKE

2 cups Sugar; 2 cups Butter; 2 cups Buttermilk; 2 teaspoons Soda; 2 teaspoons Cloves; 2 teaspoons Cinnamon; 2 teaspoons Nutmeg; 3 Eggs; 1 lb. Nuts; 1 lb. Raisins; 1 lb. Currants; 1 lb. Mixed Peel; 4 large cups Flour. Cream Butter, add Sugar, cream well; add Buttermilk. Mix Flour, Soda and Fruit; add Flour to mixture and bake 3 to 4 hours in a slow oven. This makes three Christmas cake tins. —Mrs. John Angell.

FRUIT CAKE

1 lb. Sugar; 1 lb. Butter; 1 doz. Eggs; $\frac{1}{2}$ cup Brandy or Fruit Juice; 2 $\frac{1}{2}$ lbs. Raisins, part the seed; 2 $\frac{1}{2}$ lbs. Currants; $\frac{1}{2}$ lb. Peel; 1 lb. Almonds; $\frac{1}{2}$ lb. Nigger Toes; $\frac{1}{2}$ teaspoon Mace; 1 teaspoon Nutmeg; 1 teaspoon Soda; 1 level teaspoon Salt; 1 Lemon, juice and rind; 4 cups Flour. Dust Fruit in Flour. Mix well with hands. Bake 2 hours.

—Mrs. Nobel Torgerson.

BURNT SUGAR CAKE

Burn $\frac{1}{2}$ cup Sugar and add $\frac{1}{2}$ cup of Boiling Water. Boil until thick like syrup. Then let cool. Cream— $\frac{1}{2}$ cup Butter; 1 cup Sugar; 2 Egg Yolks; 1 cup Warm Water; 1 $\frac{1}{2}$ cups Flour; add the burnt Sugar now; 1 teaspoon Vanilla; $\frac{1}{2}$ cup Flour with 2 teaspoons Baking Powder. Lastly add the whites of the Eggs beaten stiff. Cover with Brown Sugar Icing.

—Jean Sibbald.

HOMESTEAD CAKE

1 cup Butter or Shortening; 1 cup Brown Sugar; 2 Eggs; 1 cup Sour Milk; 1 teaspoon Soda; $\frac{1}{2}$ teaspoon Salt; $\frac{1}{2}$ teaspoon Cloves or Cinnamon; 1 cup Raisins; 3 cups Flour; mix Sugar and Shortening well together and add beaten Eggs and Raisins; dissolve Soda in Sour Milk and mix together. Measure and sift together Flour and other dry ingredients. Cook 1 hour in a slow oven.

—Mrs. S. Provo.



Highway Service Station

ROSE VALLEY, SASK.

GASOLINE; Red, White, Green and Tractor Gas

OILS, of all Grades, Kept in Stock

Canned Oils a Specialty

Carrot River Oils and Gasolines Texaco Red Gas

Agent for all kinds of Fire Fighting Equipment.

Garage Work Promptly Attended To

Our Aim is to give you Service and Efficiency and Satisfaction.

ED. HEWITT, OWNER

Long Distance -- Phone 26, Rose Valley, Sask
Local Central Dairy Dell Telephone Co. Inc.



Cliff's Coffee Shop

QUICK LUNCHES

CONFECTIONERY

ICE CREAM

DRINKS

TOBACCOS



Main Street,

ROSE VALLEY

Pickles

+++++

SWEET VIRGINIA MIXED PICKLES

2 qts. Cucumbers; 1 qt. Green Tomatoes; 2 qts. Butter Beans; 2 qts. Cabbage and Onions. Put through chopper; add $\frac{1}{2}$ cup Salt; 3 cups Vinegar and 1 cup Water. Boil for 5 minutes. Mixture—8 cups Sugar; $\frac{1}{2}$ cup Vinegar; $\frac{1}{2}$ oz. Celery Seed; 2 teaspoons Tumeric; $\frac{1}{2}$ cup Water, 1 cup Flour. Pour over first mixture and stir until thick and clear.

—E. M. Grigg.

LEMON SLICE

$\frac{1}{2}$ cup Sugar; $\frac{1}{2}$ cup Butter, cream; 1 cup Rolled Graham Wafers. Rub together and pat into 12-inch pan. Bake 15 minutes in slow oven. Put in double boiler $\frac{3}{4}$ cup White Sugar; $\frac{1}{2}$ cup Flour; juice and rind of 1 Lemon; 3 Egg Yolks; 3 teaspoons Water. Cook until stiff then add stiffly beaten Egg Whites. Spread on first mixture. Sprinkle with Wafer Crumbs. Put in oven to set.

—E. M. Grigg.

VEGETABLE MARROW PICKLES

Pare the Marrow; scrape away all seed and the stringy substance. Cut in uniform pieces (2 inches long). Soak in raw Vinegar and a little water for 24 hours. Dry and weigh. For 2 lbs. of Marrow take 2 lbs. of Sugar and 1 pint water. Cook and skim. Put in the fruit and let simmer so every piece is clear. The syrup will be thick and amber color. If you like ginger put in a few pieces of ginger root.

—Mrs. G. Haugrud.

SPANISH SAUCE

12 large Cucumbers; 6 large Onions; 2 qts. Green Tomatoes; 4 Green Peppers; 1 qt. Vinegar; 2 lbs. Brown Sugar; 1 teaspoon Celery Seed; 1 teaspoon Mustard Seed; $\frac{1}{2}$ teaspoon Tumeric. Put Cucumbers, Onions, Tomatoes and Peppers through the food chopper. Cover with $\frac{1}{2}$ cup Salt; let stand for 1 hour or longer. Make a syrup of the Vinegar, Sugar and Spices using enough of the Vinegar to dissolve the Tumeric; add the vegetables, which have been well drained and boil steadily for 1 hour. Seal in hot sterilis jars.

—Mrs. A. Minge.

VEGETABLE MARROW HONEY

4 lbs. Marrow steamed and mashed; 4 lbs. Sugar; juice and grated rind of 2 Lemons; $\frac{1}{2}$ lb. Butter. Cook till slightly thick.

—Mrs. Whitford.

VEGETABLE MARROW CHUTNEY

4 lbs. Marrow; 2 tablespoons Salt; 1 lb. Dates cut fine; 2 large Onions; 3 cups Mild Vinegar; 1 cup Brown Sugar; 1 teaspoon Mustard; 1 teaspoon Tumeric; 1 tablespoon Cornstarch; 1 oz. Ginger Root. Put the Marrow through grinder, sprinkle with Salt, let stand all night. Next morning drain well. Chop Dates and Onions and mix with Marrow; bring the Vinegar to a boil, add Ginger Root and Vegetables. Cook 30 minutes then remove Ginger Root. Mix Mustard, Tumeric and Cornstarch to a smooth paste with a little cold water. Add this with Sugar to first mixture, stirring until it thickens. Boil for 15 minutes longer.

—Mrs. Whitford.

ONION SAUCE

Peel and slice 7 large Cucumbers and 5 Onions; cover with $\frac{1}{2}$ cup Salt and let stand for 2 hours. Sauce—2 $\frac{1}{2}$ cups Vinegar; 1 $\frac{1}{2}$ cups Water; 2 $\frac{1}{2}$ cups White Sugar; $\frac{1}{2}$ cup Flour; 1 tablespoon Mustard; 1 teaspoon Ginger; $\frac{1}{2}$ teaspoon Tumeric. Cook until thick. Pour brine off pickles and pour sauce over, then let stand on back of stove for 1 hour.

—Mrs. Whitford.

Love and Westby
Funeral Directors

ROSE VALLEY, SASK.

C. Westby, Manager Rose Valley Funeral Home

"We give consideration to the Living
Reverence the Dead."

Flower Orders Arranged

We Handle Grave Fixtures and Tombstones



ADELMAN'S STORE

PHONE 20

A Full Line of

HIGH CLASS GROCERIES
DRY GOODS **BOOTS AND SHOES**

AT ATTRACTIVE PRICES

ROSE VALLEY. SASK.

CANNING WHITE NAVY BEANS

3 lbs. White Beans; 1 lb. Pork; 2 teaspoons Molasses; Salt and Pepper to taste; $\frac{1}{2}$ tin Tomato Catsup. Soak Beans in Salt water 1 day, then soak in fresh water over night. Put on to boil in hot water and cook slowly for 3 hours with Salt, Pepper and Molasses, then add Pork cut into small pieces and cook for $\frac{1}{2}$ hour; add Catsup, put into sealers and sterilize for $\frac{1}{2}$ hour or longer.

—Mrs. Frank Provo.

DILL PICKLES

3 qts. Water; 1 qt. Vinegar; 1 cup Salt. Mix Vinegar, Water and Salt and when boiling pour over Cucumbers that have been washed and packed in sealers with a full piece of dill, then seal tight.

—Mrs. Frank Provo.

GREEN TOMATO PICKLES

Slice $\frac{1}{2}$ bushel Green Tomatoes as thin as possible; let stand in strong Salt water for 24 hours. Take out carefully and put in fresh cold water and let stand for 12 hours. Take out and drain. Put on more cold water and let stand 12 hours longer, then take out and drain. Boil in fresh water until tender enough to cut easily with fork or spoon. Take out carefully and drain once more. Make a syrup of $\frac{1}{2}$ gal. Vinegar; 8 lbs. Brown Sugar and 1 teaspoon of every kind of Spice. Part 2—1 tablespoon Whole Mustard Seed, let all boil together for 10 minutes then put in the Tomatoes, about a quart at a time and boil for 15 minutes. Skin out carefully and put in a stone jar; put more Tomatoes in the Vinegar and proceed as before until all are cooked, then boil down the syrup a few minutes and pour over the Tomatoes. These pickles are delicious and will keep for months.

—Mrs. M. O. Sigstad.

TOMATO BUTTER

Pare and slice 9 lbs. Ripe Tomatoes, add 3 lbs. Sugar; 1 pint Vinegar; $1\frac{1}{2}$ tablespoons Allspice; 1 tablespoon Cloves. Method—Cook slowly on back of stove, stirring often.

—Mrs. A. O. Larson.

CHOW CHOW

8 lbs. Green Tomatoes and Cabbage; 4 lbs. Brown Sugar; grind and boil for 3 hours; add 1 teaspoon Mace; 1 teaspoon Cinnamon; $\frac{1}{2}$ teaspoon Cloves and 1 quart Vinegar. Boil 15 minutes longer.

—Mrs. A. O. Larson.

CHOW CHOW

1 quart Small Onions; 1 quart Small Cucumbers; 2 heads Cauliflower; 3 Green Peppers; 1 quart Vinegar; 6 tablespoons Mustard; 3 tablespoons Flour; 1 cup Sugar; 1 tablespoon Turmeric. Peel Onions, add Cucumbers and Cauliflowers, cut in small pieces sliced Peppers (set over night in brine, 1 cup Salt to 1 qt. water). Boil the Vinegar, Sugar, Mustard and Turmeric and Flour; add vegetables and cook 10 minutes.

—Mrs. R. Hanson.

INDIAN RELISH

12 Ripe Tomatoes; 12 Apples; 9 Onions; bunch of Celery, all cut fine; 3 cups Gran. Sugar; scant $\frac{1}{2}$ cup Salt; 1 teaspoon each of Ginger, Mustard, Black Pepper, Cinnamon and Cloves; 1 qt. Vinegar, cook slowly until thick.

—Mrs. T. Bjerland.

CHOW CHOW (PICKLE)

2 quarts Green Tomatoes; 2 quarts Green Cucumbers; 12 Onions; 1 Cabbage head. Cut all fine and put $\frac{1}{2}$ cup of Salt over it and let stand over night. In the morning drain and put on to boil in 2 cups Water; 2 cups Vinegar. Boil 1 hour then drain off and pour this liquid away and put 2 cups Sugar; 2 cups Vinegar and Mixed Spices and let simmer for two hours. Then seal.

—Mrs. Edwin Evenson.

BEET RELISH

1 qt. Cooked Beets, chopped; 1 qt. Raw Cabbage, chopped; 1 cup Onions; 1 cup Grated Horseradish; 1 cup Sugar; 1 tablespoon Celery Seed; 1 tablespoon Salt. Cover with cold Vinegar and can.

—Mrs. Milton E. Cutler.

RHUBARB SNOW

Stew the Rhubarb and to a pint of clear, sweetened to taste, add rather more than $\frac{1}{2}$ ounce Gelatine. When cold and partly set, whisk in the stiffly beaten whites of 2 Eggs, beating well together.

—Mrs. H. Lee.

CANNED PORK & BEANS

Pick over the Beans you wish to can; soak over night in cold water. Use properly sterilized sealers. For a quart sealer take $2\frac{1}{2}$ cups Beans; 2 tablespoons Catsup; 1 cup Tomato Juice; 1 tablespoon Sugar; 1 teaspoon Salt. Put a few small pieces of Pork in the bottom and on top of the sealer. Fill sealer with cold water to within 1 inch from top. Use new rubber rings. The cover should be set in place and screwed down as tightly as possible and then unscrewed a quarter turn. Place the jars in the boiler with a few slabs of light wood in the bottom to keep the jars off the bottom. Cover jars with cold water and boil for 4 hours or put in a bake pan with cold water and bake for 5 hours.

—Mrs. O. T. Bjerland.

DILL PICKLES

6 qts. Water, 1 qt. Vinegar; 1 lb. Salt. Wash Cucumbers and let them stand over night in cold water. Pack in glass jars, putting dill at bottom and top of can. Grape leaf and spices may be used if you wish. Bring brine to a boil and pour hot into the cans; seal.

—Mrs. A. Swanson.

TUMERIC PICKLES

25 medium sized Cucumbers, sliced; 5 large Onions, sliced; $\frac{1}{2}$ cup Salt and water to cover. Let stand 6 hours; drain. Heat 1 pint Vinegar; 1 cup Sugar; 1 teaspoon Celery Seeds; 1 teaspoon Mustard Seeds; 2 tablespoons Tumeric Powder. Add the Cucumbers and Onions and boil 1 hour. Seal hot.

—Mrs. O. J. Haukeness.

ICICLE PICKLES

4 lbs. Cucumbers; 3 lbs. Onions; $1\frac{1}{2}$ lbs. Celery; 3 cups White Vinegar; 2 cups Water; 1 cup Granulated Sugar; $\frac{1}{2}$ cup Salt. Method—Peel the Cucumbers and cut in 4 or 6 pieces lengthwise. Soak them in ice water 4 hours, then drain. I use the small pickling onions (any number) but you can use large ones sliced; cut Celery in 1-inch lengths; pack these lightly in hot, sterile jars and add 1 teaspoon of Mustard Seed to each jar. Mix the Vinegar, Water, Sugar and Salt and bring to a boil; fill the jars to over flowing with the liquid; allow to stand till cool before sealing. Do not open to use for at least 2 weeks.

—Aunt Jennie.

CARROT CHUTNEY

4 lbs. Carrots; 4 lbs. Onions; 2 lbs. Sugar; 2 pints Vinegar; 2 tablespoons Salt; 1 teaspoon Pepper; pinch of Cayenne Pepper. Boil Carrots very soft, put in collander, chop Onions very fine, add Spices and boil.

—Mrs. J. A. Beck.

CRANBERRY CATSUP

5 lbs. Cranberries, cook half an hour; put through a colander 3 lbs. Onions, peeled and sliced thin; 4 lbs. Brown Sugar; 1 pint Vinegar; 2 tablespoons Cinnamon; 1 tablespoon Allspice, and 1 tablespoon Salt. Mix together and cook slowly 2 hours. Good with cold meat.

—Mrs. Jessie Connell.

CHILI SAUCE

24 large Tomatoes or 2 cans Tomatoes; 4 large Apples; 4 White Onions; 3 Green Peppers; 4 tablespoons Salt; 1 tablespoon Cinnamon; $\frac{1}{2}$ teaspoon Cloves; $\frac{1}{2}$ teaspoon Allspice; 1 cup Sugar; $1\frac{1}{2}$ pts. Vinegar. Peel Tomatoes and Onions, chop fine, add Vinegar, Spices and Salt and Sugar. Boil for 3 hours. Bottle and seal while hot. —Mrs. Rollo Pugh.

RHUBARB RELISH

1 qt. Rhubarb; 1 qt. Onions; 3 cups Brown Sugar; 1 pint diluted Vinegar; 1 can Tomatoes; 1 tablespoon Salt; 1 teaspoon each Cloves; Allspice and Cinnamon. Cook thoroughly and bottle.

—Mrs. Milton E. Cutler.

SWEET CUCUMBER PICKLES

Make a brine salty enough to float an egg; cut up a 2 gal. crock of Cucumbers and pour brine over, leaving them stand 24 hours; drain and let stand in cold water; 4 hours more. Boil together 2 qts. Vinegar with 2 cups Brown Sugar and any Spices desired; add the pickles and bring to a boil and then bottle.

—Mrs. Eldine Welsh.

CREAM HORSE RADISH

1 cup Whipping Cream (stiff); $\frac{1}{2}$ cup Grated Horesradish; 3 teaspoons Vinegar; Salt to taste.

—Miss Flo. G. Cutler.

CUCUMBER CHOW CHOW

2 qts. Cucumbers; 1 qt. Cabbage; 1 qt. Onions; 2 Green Peppers. Grind this, then cover with 1 cup of Salt. Let stand over night; drain, rinse with boiling water; drain this off, then add 1 cup Flour; 1 teaspoon Mustard; 1 cup Vinegar. Then heat 1 qt. Vinegar and add Flour and let this come to a boil. Stir steadily. Then add 1 teaspoon Tumeric; 1 teaspoon White Mustard Seed; 3 cups Sugar; 1 tablespoon Celery Seed. Mix together, let boil a few minutes.

—Mrs. L. B. Pugh.

RHUBARB RELISH

2 qts. cut Rhubarb; 1 qt. Onions, peeled and sliced thin; Allspice and Cinnamon, $\frac{1}{2}$ teaspoon each; 1 pint Vinegar and 1 pint Sugar; 1 tablespoon Salt. Cook slowly 3 hours.

—Mrs. Jessie Connell.



The Smile of Satisfaction

will show on your face too when
you Eat at the

DOMINION CAFE

We Serve only the Best
Cooked just like Mothers



MEALS

ROOMS

ICE CREAM PARLOR

FRUITS

CANDIES

Dominion Cafe

ROSE VALLEY,

SASK.

For Good Baking

ALWAYS USE PURITY FLOUR,

BLUE RIBBON BAKING POWDER, SODA and EXTRACTS

Anything You Wish for in Fresh GROCERIES

FRUITS or VEGETABLES always available

A complete line of colors and sizes in all
FANCY WORK THREADS, YARNS and SMALLWARES

Full line of Ladies and Mens WEARING APPAREL,
BOOTS, SHOES and RUBBER FOOTWEAR Always on hand at

MAIL ORDER PRICES

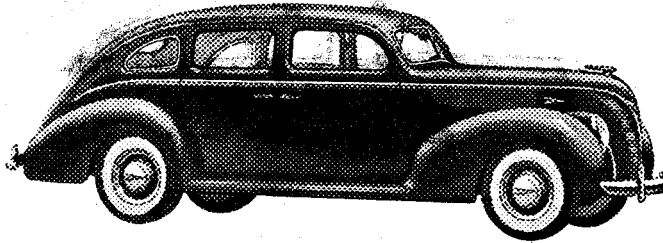
IF YOU NEED SOMETHING TO WEAR GET IT AT

Albert Olson's Store

ROSE VALLEY.

SASK.

THE D E L U X E



WE SERVE AFTER WE SELL

WE USE GENUINE FORD PARTS

**WE SELL AND INSTALL APPROVED FORD
ACCESSORIES**

**WE GIVE YOU THE SAVINGS OF THE FORD
ENGINE EXCHANGE PLAN**



J. B. LORIMER

Ford Dealer

Rose Valley

WATCH THE FORDS GO BY

USE

Robin Hood FLOUR

For Pies, Cakes, Pastry

"Milled From Washed Wheat"

1937 Record



AT FALL FAIRS AND EXHIBITIONS
RIGHT ACROSS CANADA, IN OPEN
COMPETITION WITH ALL OTHER
FLOURS, ROBIN HOOD WON

MORE THAN 83%

OF ALL FIRST PRIZES

MORE THAN 73%

OF ALL SECOND PRIZES

for BREAD, CAKES and PASTRY

The Choice of Champions